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EatingWell

EDITION

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60
BALANCED
RECIPES



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Parts of this special edition were previously published.



A BALANCED COMBINATION

A low-carb or high-protein diet can help you build muscle, reach your weight-loss goals and live a healthful life.

BY AVA ERICKSON

If you're following a low-carb or high-protein diet, there are a lot of ways you can adapt it to your personal needs. For many people, this involves swapping refined carbohydrates such as white bread and sugar, which are low in beneficial nutrients and high in calories, for nutrient-dense proteins including lean meat, fish, beans and nuts.

The Right Amounts

Cutting back on carbs can lead to deficiencies in essential vitamins and minerals such as magnesium, vitamin C and folate. These nutrients play vital roles in energy production, immune function and overall health. The key is to plan your low-carb diet responsibly. It doesn't mean you get to nosh on all the cold cuts, steak and cheese your heart desires, nor does it mean carbs are the enemy—you can and should still eat them.

It's important to be aware that many low-carb fad diets out there (think keto, Atkins, Paleo) suggest reducing your carb intake to a very low amount, which isn't sustainable or even safe. Extreme low-carb fad diets are overly restrictive and unhealthy, which is why we suggest getting about 40 percent of your calories from carbs—that's about 180 grams per day for a 1,800-calorie diet. This amount is still considered low, but it will help ensure that you maintain a balanced diet and get all your nutrients in. Any *EatingWell* recipe in this issue with a low-carb tag on it contains 14 grams of

carbohydrates or less to help you achieve this.

Protein is one of the building blocks of all the cells in your body. Individual protein needs are typically calculated at 0.8 grams per kilogram of body weight. But there are times when you may need a little more protein, such as when you're very physically active, if you're following a vegetarian or vegan diet, if you're older than 65 or if you are pregnant or breastfeeding. Also, injuries and illness can temporarily increase your protein needs. Recipes in this issue with a high-protein tag contain at least 15 grams for main dishes and 7 grams for snacks.

The Fiber Factor

Fiber plays a crucial role in supporting health, particularly when you're following a low-carb or high-protein diet. Eating too few carbohydrates might mean that you're missing out on fiber from whole grains and legumes. The USDA recommends 28 grams a day, according to the Dietary Guidelines for Americans, 2020-2025.

A 2024 study published in *Nutrients* found that regular fiber intake may decrease a person's risk of developing conditions such as heart disease and type 2 diabetes. And if you're aiming to manage your weight with a low-carb diet, a 2023 study in *Nutrients* involving more than 15,000 participants over 10 years found that those who regularly consumed beans—rich in both protein and fiber—were less likely to gain weight than those who didn't.



+
Cheesy Portobello
Chicken Cutlets
with Broccoli at
[eatingwell.com/
portobellochicken](https://eatingwell.com/portobellochicken)

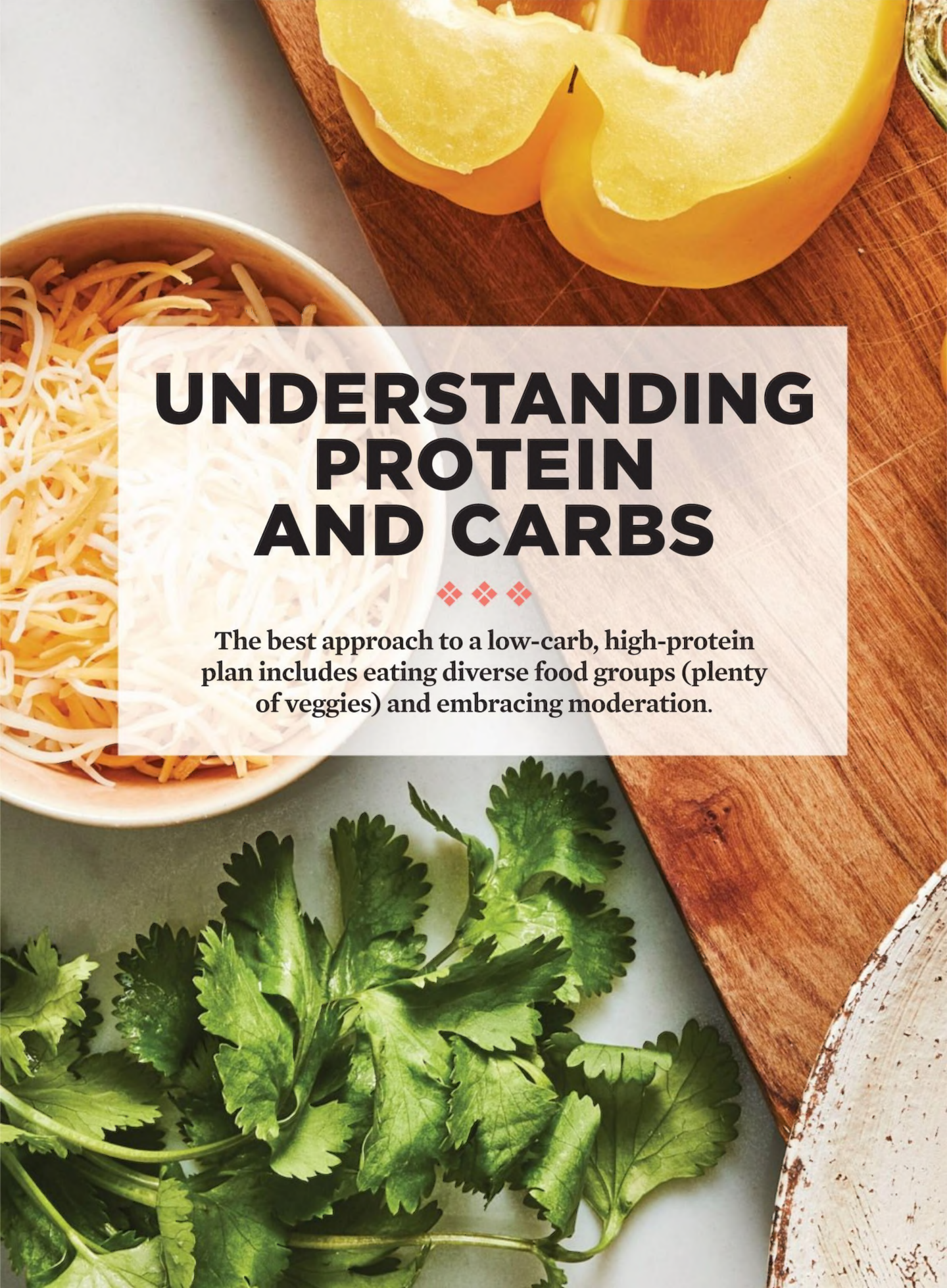
The Health Benefits

Healthy proteins help improve bone-mineral density and lower blood pressure, and they can even help wounds heal. In terms of weight loss, protein takes more energy to digest than refined carbs do, so protein keeps you satiated for longer. Additionally, following a low-carb, high-protein diet is effective for maintaining or gaining muscle mass when it's combined with a strength-training program.

Beyond physical health, some small studies have also found lower-carb, higher-protein diets beneficial for mitigating cognitive decline. Some

research, including a 2020 study in the *Journal of Nutrition, Health and Aging*, has found that eating protein may be associated with better cognitive function, especially in older adults.

If you choose to take a low-carb approach, prioritizing nutrient-rich foods is crucial. Make sure to incorporate foods such as spinach, broccoli, avocados, nuts and berries into your eating plan to make sure you're getting vital vitamins and minerals. By making informed adjustments and consulting with health professionals, those pursuing a low-carb, high-protein diet can achieve a sustainable, healthful outcome. ●



UNDERSTANDING PROTEIN AND CARBS



The best approach to a low-carb, high-protein plan includes eating diverse food groups (plenty of veggies) and embracing moderation.





7-day high-protein,
anti-inflammatory
meal plan created by
a dietitian
at [eatingwell.com/
proteinmealplan](https://eatingwell.com/proteinmealplan)



THE 31 BEST LOW-CARB FOODS

Minding your carbs? Here's what to eat for balanced meals and snacks—including low-carb grains, proteins, fruits and vegetables.

BY JESSICA MIGALA

Reviewed by dietitian Christa Brown, M.S., RDN, LD

If you're eating a low-carb diet or just looking to cut back on carbs, you may be wondering what foods you can eat. Another common question people eating a low-carb diet often have is about the number of carbs in certain foods, such as quinoa and oatmeal—healthy whole grains that still have carbs but also pack in a lot of nutrition. And what kinds of vegetables, fruits and proteins can you eat—and how many carbs do those foods have?

Regardless of the diet you're following, the key to not feeling deprived is to consume a variety of foods from all the food groups—including grains.

Read on for our top 31 healthy low-carb foods to eat. All carbohydrate amounts and other nutrition values are based on the USDA's FoodData Central database.

GRAINS

Quinoa Quinoa is one of the grains with the most fanfare, thanks to its protein and fiber content—8 and 5 grams, respectively, per cup, according to the USDA. But just because it's a higher-protein grain doesn't mean it's super low in carbs. **½ cup cooked quinoa = 18g carbohydrates**

Oatmeal Even as part of a low-carb diet, there's always room for oatmeal. Oats contain beta-glucan, which helps slow digestion and improve blood cholesterol levels. Whether you're going for a serving of old-fashioned, quick-cooking or steel-cut oats, they all contain about the same amount of carbs per serving. Make sure to buy plain versions rather than flavored instant oats, which come with a lot of added sugar. **1 cup cooked oatmeal = 28g carbohydrates**

ing of old-fashioned, quick-cooking or steel-cut oats, they all contain about the same amount of carbs per serving. Make sure to buy plain versions rather than flavored instant oats, which come with a lot of added sugar. **1 cup cooked oatmeal = 28g carbohydrates**

Polenta Made from cornmeal, polenta has a consistency similar to Cream of Wheat. You can whip it up

at home or buy ready-to-eat versions in rolls that you slice. Since polenta is gluten-free, it's a good choice if you have celiac disease or gluten sensitivity that requires you to follow a gluten-free or low-gluten diet. **1 cup cooked polenta = 30g carbohydrates**

PROTEINS

Eggs One large egg packs in 6 grams of protein, 5 grams of fat and almost no carbs, per the USDA. While you may have been led to believe that all the protein in an egg is contained in the white, the truth is, the yolk contains almost half of an egg's protein, according to a 2022 review in *Nutrients*. And if you fear that eating the yolk will increase your cholesterol levels and cause health problems, 2019 research in the *American Journal of Clinical Nutrition* found that while eggs do contain cholesterol, they don't increase the risk of stroke, even in people with a gene that makes them more sensitive to dietary cholesterol. Eggs

also pack important nutrients including vitamin D, lutein and choline. **One large egg = 0.5g carbohydrates**

Beef Meat is fair game, because it's all protein and no carbs (or fiber). While chicken is a well-known source of lean protein, there are many cuts of beef that are also considered "lean" or "extra lean" by the USDA. Smart choices include eye of round roast, top round roast, bottom round roast and top sirloin steak. **4 ounces beef, round, top round (raw) = 0g carbohydrates**

Hemp seeds The best thing about these tiny seeds is that you can sprinkle them on foods like yogurt, salads or oatmeal to add nutty crunch and a good source of vegetarian protein. A 3-tablespoon serving contains 9.5 grams of protein and 1 gram of fiber, per the USDA. Three tablespoons of hemp seeds are also an excellent source of both magnesium and zinc. **3 tablespoons hemp seeds = 2.6g carbohydrates**

Shrimp These crustaceans are great to add to meals, especially if you're looking to lose weight. Three ounces of shrimp offers a whopping 20 grams of satisfying protein. Make sure to prep them grilled or lightly sautéed. **3 ounces shrimp (cooked) = 0.17g carbohydrates**

Tofu Whether it's edamame, tofu or soy milk, soy is a good choice when you want ample protein with low carbs. According to the USDA, a 3-ounce serving of extra-firm tofu packs 13 grams of protein and only 2 grams of carbohydrates. A cup of shelled edamame has 18.5 grams of protein and is a little higher in carbs at 14 grams. One cup of unsweetened soy milk has 7 grams of protein and 4 grams of carbs. If you go for soy milk, make sure it's unsweetened, as sweetened versions may pack more than twice the carbs because of the added sugar. **3-ounce extra-firm tofu = 2g carbohydrates**

Seitan You might think you have to stay away from seitan—a vegetarian meat substitute made from wheat gluten—because, well, it's made from wheat, and wheat has carbs. However, it's actually low in carbs and high in protein. Whether you buy it or

Regardless of the diet you're following, the key to not feeling deprived is to consume a variety of foods from all the food groups—including grains.



Polenta Bowls with
Roasted Vegetables
& Fried Eggs at
eatingwell.com/polenta

make your own, you can dress seitan up to taste like meat. **3 ounces seitan = 5g carbohydrates**

Peanut butter Peanuts are legumes (the same family as beans), so they do have carbohydrates. But 2 tablespoons of peanut butter also packs 7 grams of protein and 16 grams of healthy, satiating fat, per the USDA. Many brands are flavored with sugar, including honey and maple syrup. To limit sugar (and carbs), choose those made with just peanuts. Other plain nut butters, like almond, cashew and pistachio, are also great lower-carb choices. **2 tablespoons peanut butter = 7g carbohydrates**

SNACKS

Nuts A 1-ounce serving packs a lot of nutrition. Think almonds (23 whole ones offer 6 grams of protein and 6 grams of carbs), walnuts (14 halves have 4 grams of protein and 4 grams of carbs) or pistachios (49 nuts have 6 grams of protein and 8 grams of carbs). The great thing about nuts is that they also offer fiber, another nutrient that gives your meals and snacks staying power, providing around 7 to 14 percent of your daily intake. The choices mentioned here all supply 2 to 4 grams of fiber

per serving. **1 package mixed nuts (50g) = 10.5g carbohydrates**

Mozzarella sticks An easily portable serving of protein, one cheese stick contains 7 grams of protein for a filling snack. Plus, a 2020 review in *Current Nutrition & Food Science* found that eating cheese may deliver good bacteria that keep your gut healthy and can help support a healthy weight. **1 mozzarella stick (28g) = 1.3g carbohydrates**

Olives There's a reason you may be served a small dish of olives rather than bread in countries such as Spain and Portugal before your meal—they're bursting with flavor. Olives are also brimming with heart-healthy monounsaturated fatty acids. You can find olives in handy snack packs for a convenient on-the-go snack. **¼ cup olives = 2g carbohydrates**

Beef jerky Jerky has had a gourmet makeover and is now available with ingredients such as responsibly raised turkey, chicken, beef and bison, in inventive flavors that include herbs, citrus and teriyaki. With about 9 grams of protein per 1 ounce of beef

jerky, this is a great way to stave off midafternoon munchies without reaching for high-carb chips. Just try to find a brand with the least amount of sodium. **1 ounce beef jerky = 3g carbohydrates**

Hummus and crudités Non-starchy crunchy veggies like cucumbers and celery are great picks to go with hummus. The chickpeas in hummus provide about 2.5 grams of protein for 2 tablespoons, according to the USDA, and an array of B vitamins, which are vital for helping your body convert food into fuel. **2 tablespoons hummus = 6g carbohydrates**

VEGETABLES

Cauliflower Those eating a low-carb diet can appreciate this cruciferous vegetable because it can be mashed like potatoes or thrown into the food processor to make cauliflower “rice”—which you can then use in “rice” bowls and stir-fries. Some grocery stores even sell packaged cauliflower rice for easy kitchen prep. **1 cup raw cauliflower = 5.5g carbohydrates**

Zucchini We love zucchini because it’s so versatile. Using a vegetable peeler or a handy spiralizer, you can transform it into spaghetti- or linguini-like “noodles” as a low-carb substitute for pasta. **1 cup raw zucchini = 3.6g carbohydrates**

Spaghetti squash Another great pick, spaghetti squash can be baked or roasted, and then you can pull the squash “noodles” out using a fork. Like zucchini noodles, you can top them with pasta sauce. Or bake these into casseroles or lasagna—the squash is great at taking on whatever flavors it’s paired with. **1 cup cooked spaghetti squash = 10g carbohydrates**

Sweet potatoes All potatoes are starchy veggies (along with others, like corn and peas), so they have more carbs.



The carotenoids in zucchini may help lower your risk of heart disease.

Pair sweet potatoes with baked chicken or fish and a green veggie like broccoli for a well-rounded meal. The fiber (4 grams) helps slow digestion, and sweet potatoes are bursting with disease-busting antioxidants called carotenoids. **1 medium sweet potato (150g) = 25g carbohydrates**

FRUITS

Berries Berries are winners because they’re lower in sugar and high in fiber, so they keep your body on an even energy keel. Blueberries, blackberries, strawberries and raspberries are all good picks when you’re hankering for fruit. Enjoy them as they are or add them to a variety of dishes. **1 cup mixed berries = 15g carbohydrates**

Cantaloupe Super refreshing, this melon is another great option if you’re following a low-carb diet. Enjoy cantaloupe alone or in salads. It is also delicious in smoothies. **1 cup cantaloupe = 13g carbohydrates**

Plums Plums are great because they're usually on the smaller side, so they provide built-in portion control. And they're portable for on-the-go eating. One plum contains only 35 calories, 9 grams of carbohydrates and 1 gram of fiber, per the USDA.

1 plum = 9g carbohydrates

Fresh fruit No matter what type of fruit you eat, choose fresh or frozen more often. While juice can be a refreshing beverage, it has little to no fiber and contains more sugar than whole fruit. Drinking juice can result in your blood sugar spiking more quickly compared to eating whole fruit.

Dried fruit This is also considered a nutritious snack choice, but dried fruit contains many more carbs compared with whole fruit (because dried is more concentrated). For example, according to the USDA, ½ cup of dried apricots has 41 grams of carbohydrates, while ½ cup of fresh apricots has 17 grams of carbohydrates. If you're hankering for dried fruit, have a small handful and add some nuts for added low-carb nutrition and staying power.

DAIRY

Greek-style yogurt Dairy isn't out just because you're eating a low-carb diet. Greek-style yogurt has a higher protein content than regular yogurt. One cup of nonfat plain strained yogurt offers 25 grams of protein, and it's rich in bone-maintaining calcium, per the USDA.

Of note: Yogurt is a low-carb choice only if you go for plain. Some fruit-blend varieties pack a few teaspoons of added sugar and upwards of three times the amount of carbs. **1 cup nonfat plain Greek-style yogurt = 9g carbohydrates**

Kefir A tangy fermented milk drink, kefir contains just as many carbs as milk does, but it's got the added benefit of probiotics, which help support your gut health. It's also low in lactose, so if you have trouble stomaching regular milk, kefir can be a good way to get protein—1 cup provides 9 grams, as well as 12 percent of the daily value for vitamin D and nearly one-quarter of your daily calcium needs. Use kefir as another base option in your smoothies. **1 cup kefir = 18g carbohydrates**

Non-dairy milks If you're looking for a non-dairy alternative to cow's milk, keep in mind that they're not all equal when it comes to nutrition. Soy milk provides a similar amount of carbs as cow's milk, offering 10 grams of carbs per cup, per the USDA. Low-carb choices include nut milk (such as almond milk) and coconut milk.

Of note: Certain plant milks can have more carbs than dairy milk or soy milk. For example, 1 cup of rice milk has more than 20 grams of carbs per cup, according to the USDA. With all non-dairy milk, watch out for added sugars, which will add extra carbs and calories. **1 cup unsweetened almond milk = 3.2g carbohydrates**

Cottage cheese Cottage cheese is a delicious way to get a protein boost, with 23 grams in a cup of the 2% reduced-fat kind. Turn to cottage cheese when you want to switch up your breakfast routine. You can also enjoy it in a salad at lunch or as a quick snack topped with cinnamon and berries. **1 cup 2% reduced-fat cottage cheese = 9g carbohydrates**

DESSERTS

Whipped coconut milk and berries We're talking about the stuff from a can, not the non-dairy milk substitute. Scoop out the thick, custard-like milk up top and whip it into a non-dairy whipped cream to top berries for a low-carb dessert. **⅓ cup light coconut milk = 1g carbohydrates**

Almond-flour baked treats The next time you're baking, swap out some (or all) of the regular flour for almond flour (also called almond meal). Made from finely ground almonds, the flour adds vital nutrients, including magnesium and potassium, as well as some extra protein to waffles, cookies, cakes and sweet breads. **¼ cup almond flour = 4g carbohydrates**

Avocado pudding Whirl together dairy or plant milk, avocado and flavorings such as cocoa powder in a food processor. Avocado may be a fruit, but it's a rich source of good-for-you fat. Plus, it's packed with 10 grams of filling fiber and a respectable 3 grams of protein, per the USDA. **1 avocado (150g) = 13g carbohydrates ●**



Spicy-Sweet Grilled
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at [eatingwell.com/
grilledchicken](http://eatingwell.com/grilledchicken)





PROTEIN FOR MUSCLE BUILDING

Protein builds healthy cells and repairs damaged ones.
It is also the building block for muscle mass.

BY ADAM MEYER

Reviewed by dietitian Maria Laura Haddad-Garcia

Along with carbs and fats, protein is one of the three macronutrients essential for a healthy diet. Protein makes up approximately 20 percent of your body and is found in every one of your cells. Therefore, getting enough protein is critical for good health, growth and development, tissue repair, muscle building and immune function throughout life.

A topic of debate in discussions around protein is how you need to build muscle. While there's no one-size-fits-all approach to health and fitness, it's wise to follow dietary guidelines to ensure you get enough of this muscle-building macronutrient. The international recommended dietary allowance for protein is 0.8 grams per kilogram of body weight, meaning that this is the minimum amount your body needs. However, factors such as

age, activity level and injuries may increase your protein needs. And if you're looking to optimize muscle growth and recover from workouts faster, you'll need more to reach your fitness goals.

Read on to learn why protein is paramount for muscle growth and how it stacks up against carbs. We'll also cover how much protein you should eat, the best types of protein for building muscle, and whether or not timing your protein intake matters.

The Power of Protein

Before diving into the importance of protein for muscle growth, here's a quick refresher. When you eat protein, your body breaks it down into amino acids (the building blocks of protein). Protein comprises 20 amino acids. Eleven of them are produced by your body, and the other nine are "essential," meaning they must be acquired



Nuts are packed with fiber and protein, making them great pre- and post-workout snacks.

through diet. According to a 2020 article published in *Nutrients*, amino acids are necessary to repair and grow new muscle fibers. However, getting enough of each amino acid is critical for optimizing muscle protein synthesis and for your body to function properly.

Prevention of Muscle Loss

Most people think of protein as necessary only for sculpting muscles in the gym, but it's also critical for preventing the muscle loss that occurs naturally as you age. After age 30, muscle mass decreases by 3 to 5 percent per decade, accelerating as you get older, according to the U.S. Department of Health and Human Services.

Says Reda Elmardi, RD, CPT, a registered dietitian, personal trainer and owner of the Gym Goat, "As you get older, your body starts losing muscle mass faster than it gains it. Losing muscle mass

can have serious consequences, including reduced mobility, increased risk of falls and decreased quality of life. Also, muscles need protein to maintain their size and strength. If you don't eat enough protein, your body will burn existing muscle tissue for fuel."

Muscle Recovery

Your body uses amino acids to rebuild damaged muscle tissue after exercise. If you're not consuming enough protein, your body cannot build muscle tissue efficiently, per a 2021 article in *Nutrients*. "A lack of protein can lead to poor muscle recovery after exercise," Elmardi says. "Without protein, your body will continue to break down muscle tissue after exercise instead of building it back up." Eat foods rich in protein to keep your muscles strong and healthy: meat, fish, dairy, eggs, beans, nuts, seeds and soy products.

Muscle Strength

“Protein improves muscle strength and mass. Even if you’re lifting weights, your muscles won’t grow or gain strength effectively if you’re not eating enough protein,” says Kelsey Lorencz, RDN, a registered dietitian nutritionist at Graciously Nourished. “To build muscle and strength, you need to have muscles that require repair [from physical exercise, resistance training being one of the best ways] and enough protein to strengthen muscle.”

Carbs vs. Protein: Which Is Better?

It turns out that pitting carbs and protein against each other in terms of benefits for muscle growth is a null argument. Both macronutrients are essential for optimizing muscle protein synthesis and getting the most out of your workouts. Each has its specific roles and functions in your body. While we’ve established that protein is required for muscle growth, carbs also play a vital role in building muscle. Since carbs are your body’s preferred energy source, they’re the primary nutrient required for fueling your workouts, according to a 2022 review in *Nutrients*. “Eating enough carbs helps your body spare protein so that the protein you eat can go to muscle growth, not energy,” Lorencz explains.

How Much Is Enough?

If you’re an endurance athlete, otherwise highly active or do strength training regularly, you’ll need more protein than the daily recommendation of 0.8 grams per kilogram of body weight. The exact amount you need depends on several factors, such as your age, weight and activity level. Still, the American College of Sports Medicine recommends consuming between 1.2 and 2.0 grams of protein per kilogram of body weight daily for the best results.

While the amount of protein you consume is vital for muscle growth, so is the type

of protein you eat. For example, choosing plant-based proteins over animal proteins when possible can offer several additional health benefits. According to a 2020 study published in *Nutrients*, plant-based protein is just as effective as animal protein for building muscle. The study also found that plant-based protein is better for maintaining a healthy weight and reducing cardiometabolic risk factors, since animal proteins can be high in saturated fat, calories and sodium.

“Both plant and animal proteins have their advantages and drawbacks,” says Elmardi. For instance, Elmardi explains, animal protein takes longer to digest than plant-based protein does.

Lentils, beans, quinoa, tofu, tempeh, edamame, nuts, seeds and seitan are excellent sources of plant-based protein. Animal proteins include meat, fish, poultry, eggs and dairy. Choosing plant-based protein over animal protein may also lower your risk of cardiovascular disease and all-cause mortality, per a 2021 study published in the *International Journal of Epidemiology*. On the other hand, animal protein is more bioavailable, meaning that your body can absorb and use it more efficiently.

Another factor that plays an important role in muscle growth is meal timing. “Meal timing is a





method of eating that involves dividing your meals into three smaller portions throughout the day. This allows the body to use protein from each meal to repair muscles and build lean mass,” explains Elmardi. Meal timing can also increase muscle size and strength while reducing hunger, according to a 2019 article in *Nutrients*.

Traditionally, it was thought that you should consume protein within your anabolic window (30 to 120 minutes after a workout) to optimize muscle repair and growth. However, research indicates that building muscle isn’t just about getting enough protein; there should also be a focus on the quality of the overall daily eating pattern, as was shown in a 2021 study published in *Osteoporosis International*.

Ideally, aim to get 20 to 30 grams of protein over three or four meals spread evenly throughout

the day. “As long as you’re eating protein at meals and snacks every four to six hours throughout the day, you don’t have to worry too much about eating within a specific window,” says Lorencz. “However, it doesn’t hurt to replenish carbohydrates and protein within an hour to two after a workout.”

To sum up: Protein is an essential macronutrient for fitness optimization, muscle growth, physical performance and recovery. It also helps improve strength and prevent muscle loss as you age.

While protein is beneficial for recovery and building muscle, carbs also play an essential role by fueling your body and muscle cells with the energy needed for growth and repair. Get 20 to 30 grams of protein spread across three or four meals daily by eating a variety of healthy plant-based and lean animal proteins. ●

What Happens When You Don't Get Enough Protein

These four side effects could stem from a deficit.

BY ANDREA MATHIS, M.A., RDN, LD
Reviewed by dietitian Jessica Ball, M.S., RD



Protein plays a critical role in the body. It's one of the main building blocks of bones, muscles, cartilage and skin. It also supplies vital nutrients and aids in digestion by producing enzymes that help break food down into molecules for a wide range of bodily functions. Here are some things that could happen if you don't get enough.

You're more likely to get stress fractures.

Besides calcium, bones also need protein. Bones undergo continuous restoration, and because of this, they need an adequate supply of protein to support the process.

When you aren't getting enough protein to fuel your vital organs, your body starts to borrow protein from other areas, which includes that stored in the skeletal muscle tissue. Without strong skeletal muscle tissue, bones are more susceptible to injuries like fractures.

Your hair and nails may weaken.

Did you know that proteins such as keratin, collagen and elastin are responsible for healthy hair and nails? Keratin is a protein

that is found in your skin, hair and nails. It's responsible for providing strength and structure.

Collagen is the most abundant protein in the body. It's one of the major building blocks of bones, skin, muscles and ligaments. (Collagen powders are popular for these and other reasons.)

When you hear "elastin," the word "elastic" may come to mind, which would be an accurate correlation. Elastin is very flexible, and its high elasticity allows many tissues in your body to return to their original shape after being stretched.

Your immune system may start to weaken.

Most people may not realize it, but protein supports immunity by helping to build a healthy immune system.

Protein is one of the building blocks of antibodies, which are produced by the body's immune system to help fight off bacteria and viruses.

Without these antibodies, bacteria and viruses would be free to roam and infect your body with diseases.



You may feel less satisfied after meals.

Feeling hungry after you've just eaten? It may be due to a lack of protein at mealtime.

If you don't eat enough protein, you may notice that you feel unsatisfied after meals and tend to get hungrier throughout the day. Studies show that consuming an adequate amount of protein can increase the release of an

appetite-regulating protein, therefore keeping you fuller longer.

The bottom line:

Protein has many important roles in the body. Without an adequate amount of protein, you may be prone to stress fractures, brittle hair and nails, a weakened immune system and feeling unsatisfied after meals.

6 SIGNS YOU'RE EATING TOO MUCH PROTEIN

The phrase “everything in moderation” includes protein, too.

BY LAUREN WICKS

Reviewed by dietitian Christa Brown, M.S., RDN, LD

Fat and carbs both have their fair share of haters, but protein is pretty much always getting good press. It's easy to see why: Protein is an essential nutrient for strong bones, muscles, skin and pretty much every other part of the body, and it is responsible for thousands of different chemical reactions that ensure your body functions at its best. But that doesn't mean more is always better.

The National Academies of Sciences, Engineering and Medicine recommends consuming between 10 and 35 percent of your daily calories from protein (equivalent to 50 to 175 grams, based on 2,000 calories a day), also called the Acceptable Macronutrient Distribution Range (AMDR) for protein. The recommended dietary allowance (RDA) for protein is only 0.8 grams per kilogram of body weight, which many experts agree is too low, according to a 2023 review published in *Nutrients*.

So how much is too much? For exercising and healthy



+
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chickensteak](https://eatingwell.com/chickensteak)



individuals wanting to build and maintain muscle mass, 1.4 to 2 grams of protein per kilogram of body weight per day is suggested. People often adopt a high-protein diet hoping to lose weight or gain muscle, but consuming protein well above the recommendation may do more harm than good for some individuals, often at the expense of consuming enough fiber, carbs or other necessary nutrients.

Curious if you're overdoing it with protein? Here are some key warning signs that might indicate you're consuming more protein than your body needs.

1. You Always Have to Pee

If you feel like you always have to urinate, it could be because you eat too much protein. Our kidneys can only process so much protein at once, so the waste from the protein that is being broken down may build up.

In a study looking at nocturnal polyuria (waking up at night to pee), researchers found that individuals who ate more protein at dinner had higher urea and sodium excretion, which could lead to the urgency to urinate, according to a 2020 study published in the *Journal of Clinical Medicine*. Urea is one of the main waste products of protein metabolism, so more protein means more urea is produced, and this may send you to the restroom more.

2. You Feel Like You're in a Funk

A high-protein diet might have helped you get closer to your goal weight, but could it also be contributing to your blue mood? Maybe, especially if your protein-to-carb ratio is way off base or if you're focusing on a specific type of food for your protein intake.

Proteins are made from and then subsequently broken down into amino acids. One particular amino acid, tryptophan, is needed to make serotonin, the body's "feel good" hormone. In this sense, proteins are good for your mood—if they are coming from a variety of plant and animal sources.

Research involving almost 500 Iranian women found that a higher intake of animal proteins was associated with higher reports of depressive symptoms, according to a 2023 study published in *BMC Public Health*. However, other research has found the opposite to be true, indicating that optimal

protein in the diet reduces the risk of depression, according to a 2023 review study published in *Nutrients*.

If you're feeling like you're in a funk, focus on eating a balanced intake of carbs, protein and fat by following the USDA MyPlate or adding more variety to types of proteins you are choosing.

3. You're Constipated

High-protein diets are often low in fiber, especially when your main protein sources are animal products, which can wreak havoc on your digestive system. Fiber helps move everything along your intestines, and it can only be found in plant-based foods, including whole grains, legumes, vegetables, fruits, nuts and seeds.

Consider mixing up your protein intake with foods that deliver both fiber and protein, like whole grains, beans or tempeh, which can make a huge impact. You can also try ramping up your fruit and vegetable intake to get way more health benefits than just getting regular again—think protecting your body from chronic diseases and weight gain and keeping your gut healthy, just to name a few.

4. You're Tired All the Time

Even if you're someone who gets those coveted eight hours of sleep every night, eating too much protein can still leave your body tired, for several reasons. Also, eating too few carbs can affect your brain, preventing you from being sharp, focused and energized each day.

Since carbs are your brain's main energy source, you probably want to increase your intake of healthy ones, like whole grains, fruits and vegetables, to get you back to feeling your best. Not only can this help you get your energy back, but you'll also be getting more of the vitamins, minerals and fiber your body needs to be healthy and happy overall.

5. You're Gaining Weight Unintentionally

High-protein diets are often praised for helping people lose weight in the short term, but the long-term effects aren't as desirable. Following a high-protein diet often means eating very few carbs, which isn't sustainable for most of us in the long run. This can lead to food cravings and less energy to get your morning workout in and can



Make sure to balance your protein intake with vegetables and carbs.

even cause you to regain the weight that you worked so hard to lose.

“Don’t do anything to lose weight that you’re not willing to do forever,” says Sandra Aamodt, Ph.D., a neuroscientist who has spent years studying the brain-weight link. This is because your brain can certainly adjust its behaviors once you lose the weight, but it needs you to continue your efforts to maintain it.

6. You Have Bad Breath

If you or someone you know has tried the keto diet, you’ve likely heard the term “keto breath.” When you’re focused more on consuming protein and fat instead of healthy carbs, your body has to adjust, and part of that is producing ketones that smell awful, like acetone (yes, the ingredient in

nail polish remover!).

Trying to find a more balanced approach to macronutrient consumption will help your body get up and running on carbs again and get your breath nice and fresh once more. Try swapping out several sources of animal protein for plant versions, such as whole grains and beans. You can still keep your protein intake at the high end of your daily needs while increasing your intake of healthy carbs.

The Bottom Line

Eating too much protein (or any type of nutrient) may do more harm than good to your health. Including a moderate amount of protein every day and enjoying a variety of plant-based foods as well may be more beneficial in the long run than only focusing on short-term gains. ●



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DELICIOUS RECIPES



While most of these meals are low in carbs and high in protein, those that align with only one of those eating styles are labeled accordingly. Recipes with a high-protein tag contain at least 15 grams per serving for a main dish and 7 grams for snacks. Dishes with the low-carb tag contain 14 grams or less.



POWER BREAKFASTS

Fuel your day with these fast and easy recipes.

LOW CARB | HIGH PROTEIN

Bell Pepper & Cheese Egg Cups

ACTIVE TIME: 10 min

TOTAL TIME: 30 min

With just three main ingredients—bell peppers, eggs and shredded cheese—these portable baked eggs are super easy to assemble and great for meal prep.

- 4 medium bell peppers, any color
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 8 large eggs
- ¼ cup Mexican-blend shredded cheese
- Chopped fresh cilantro for garnish (optional)

1. Preheat oven to 400°F. Coat a large rimmed baking sheet with cooking spray.

2. Cut bell peppers in half through the stem end. Remove ribs and seeds. Place the peppers in the pan cut side up and sprinkle with ⅛ teaspoon each salt and pepper.

3. Bake the peppers for 15 minutes. Remove the baking sheet from the oven and crack 1 egg into each pepper cup. Season with the remaining ⅛ teaspoon each salt and pepper, then top each with ½ tablespoon cheese.

4. Bake until the egg whites are set, 15 to 20 minutes. Sprinkle with cilantro, if desired.

SERVINGS 4 SERVING SIZE 2 BELL PEPPER CUPS CALORIES 205
CARBOHYDRATES 8G DIETARY FIBER 2G TOTAL SUGARS 5G PROTEIN 15G
TOTAL FAT 12G SATURATED FAT 4G SODIUM 316MG





**LOW CARB****Gluten-Free Almond Flour Waffles****ACTIVE TIME:** 30 min**TOTAL TIME:** 30 min

Almond meal stands in for flour and adds texture and nutty flavor to this easy gluten-free waffle.

- 1½ cups almond flour
- 1 tablespoon granulated sugar
- ¾ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt

- 2 large eggs
- ½ cup buttermilk
- ¼ cup canola oil

1. Preheat a waffle maker to medium heat according to the manufacturer's instructions. Meanwhile, whisk almond flour, sugar, baking powder, baking soda and salt in a large bowl. Whisk eggs, buttermilk and oil in another medium bowl. Add the wet mixture to the dry mixture and stir until mostly smooth.
2. Lightly coat the waffle maker with cooking spray.

Working in batches, add about ¼ cup batter per waffle to the waffle maker; cook until golden brown, 5 to 7 minutes per batch. Coat the waffle maker with more cooking spray as needed between batches.

SERVINGS 4 SERVING SIZE 2 WAFFLES
CALORIES 456 CARBOHYDRATES 14G
DIETARY FIBER 3G TOTAL SUGARS 8G
PROTEIN 13G TOTAL FAT 41G SATURATED
FAT 4G SODIUM 421MG



LOW CARB | HIGH PROTEIN

Greens & Gruyère Mini Quiches

ACTIVE TIME: 45 mins

TOTAL TIME: 1 hr 15 min

This recipe uses classic Provençal flavors—garlic, oil-cured olives, anchovies, caramelized onions—to season these very-green egg cups.

- 1½ tablespoons extra-virgin olive oil
- 2 cups chopped sweet onion
- 3 tablespoons water
- 12 large eggs
- 2½ cups part-skim ricotta cheese
- 2 cups finely shredded Gruyère cheese
- ½ cup pitted oil-cured olives, finely chopped
- 5 cloves garlic, finely chopped
- 1 teaspoon anchovy paste or 3 anchovy fillets, finely chopped
- ¾ teaspoon ground pepper
- 1¾ pounds leafy greens, such as spinach, chard and/or kale, stemmed and coarsely chopped

1. Heat oil in a medium skillet over medium-high heat. Add onion and cook, stirring occasionally, until starting to brown, about 10 minutes. Add water and reduce heat

to medium low. Cover and cook, stirring occasionally, until very tender and brown, about 15 minutes more. Set aside to cool for 5 minutes.

2. Meanwhile, preheat oven to 350°F. Generously coat 24 (½ cup) muffin cups with cooking spray. (Alternatively, line muffin cups with parchment-paper liners.)

3. Whisk eggs in a very large bowl. Add ricotta, Gruyère, olives, garlic, anchovy paste (or anchovies), pepper and the cooled onion; mix well.

4. In batches, finely chop greens in a food processor. Mix into the egg mixture to combine. Divide the mixture among the prepared muffin cups (they will be full).

5. Bake until set, 25 to 30 minutes. Let cool in the pans for 5 minutes. Loosen the edges with a knife and turn out onto a clean cutting board. Serve warm or at room temperature. Let cool completely before refrigerating for up to three days or freezing for up to three months.

SERVINGS 12 **SERVING SIZE** 2 QUICHES
CALORIES 282 **CARBOHYDRATES** 9G
DIETARY FIBER 2G **TOTAL SUGARS** 2G
PROTEIN 19G **TOTAL FAT** 19G
SATURATED FAT 8G **SODIUM** 506MG



HIGH PROTEIN

Sheet-Pan Banana Pancakes

ACTIVE TIME: 10 min

TOTAL TIME: 30 min

Prep a batch of these for easy breakfasts throughout the week. Reheat in the microwave or oven, then top with syrup, chopped nuts or fresh berries for a quick and satiating meal.

- 2 overripe bananas
- 2 large eggs

- 1 cup water
- 1 teaspoon cinnamon
- 2 cups high-protein buttermilk pancake and waffle mix

1. Preheat oven to 425°F. Coat a 13x9-inch baking pan or baking sheet with cooking spray, then line with parchment paper and coat again.
2. Mash bananas in a large bowl. Whisk in eggs, water and cinnamon. Use a wooden spoon to fold in pancake mix; stir until just combined.

3. Spread the batter in an even layer in the prepared pan. Bake until a toothpick inserted in the center comes out clean, 12 to 14 minutes. Let cool in the pan for 3 minutes, then cut into 12 squares.

SERVINGS 4 **SERVING SIZE** 3 SQUARES
CALORIES 270 **CARBOHYDRATES** 52G
DIETARY FIBER 3G **TOTAL SUGARS** 16G
PROTEIN 17G **TOTAL FAT** 5G
SATURATED FAT 1G **SODIUM** 618MG

HIGH PROTEIN

Cannoli-Inspired Overnight Oats**ACTIVE TIME:** 20 min**TOTAL TIME:** 8 hr 40 min

These oats are a nutritious twist on the classic Italian dessert, perfect for a convenient and satisfying breakfast. The dish combines the creamy texture of overnight oats layered with the rich, sweet flavors of cannoli filling. Removing some of the moisture from the ricotta with paper towels or cheesecloth helps firm up the filling and prevents the oats from becoming soggy.

- 2¾ cups reduced-fat milk
- 2¼ cups old-fashioned rolled oats
- ½ cup whole-milk plain strained yogurt
- ¼ cup chopped salted roasted pistachios plus 1 tablespoon, divided
- 2 tablespoons confectioners' sugar, divided
- 1 tablespoon white or black chia seeds
- 1 tablespoon vanilla extract plus ½ teaspoon, divided
- ¼ teaspoon salt
- ¾ cup part-skim ricotta cheese
- 1 teaspoon grated orange zest
- 3 tablespoons semisweet chocolate chips
- 1 teaspoon unrefined coconut oil

1. Combine milk, oats, yogurt, ¼ cup pistachios, 1 tablespoon each confectioners' sugar, chia seeds and vanilla and ¼ teaspoon salt in a medium bowl; stir to mix well. Cover and refrigerate for at least 8 hours.

2. Spread ricotta on a paper-towel-lined plate; top with more paper towels. Gently press down to remove excess moisture. Let stand at room temperature for 10 minutes. Transfer the ricotta to a small bowl. (Alternatively, place ricotta in a double layer of cheesecloth. Gather the cheesecloth up around the ricotta; gently squeeze out any excess liquid.)

3. Whisk orange zest and the remaining 1 tablespoon

confectioners' sugar and ½ teaspoon vanilla into the ricotta until fully combined. Spoon ½ cup oat mixture into each of four (8 ounce) jars. Top each with 3 tablespoons ricotta mixture, then top each with ½ cup oat mixture.

4. Stir chocolate chips and coconut oil together in a small microwave-safe bowl. Microwave on high until the chocolate chips are melted, 45 to 60 seconds. Stir until the chocolate chips are completely melted and incorporated into the oil. Spoon

about 2 teaspoons of the melted chocolate over each jar, spreading to cover the entire surface. Refrigerate, uncovered, until the chocolate layer is almost fully set, about 5 minutes. Sprinkle the chocolate with the remaining 1 tablespoon pistachios. Refrigerate the jars, uncovered, until the chocolate is fully set, about 5 minutes.

SERVINGS 4 **SERVING SIZE** 1 JAR
CALORIES 492 **CARBOHYDRATES** 56G
DIETARY FIBER 7G **TOTAL SUGARS** 19G
PROTEIN 22G **TOTAL FAT** 20G
SATURATED FAT 9G **SODIUM** 312MG



HIGH PROTEIN

Raspberry & Peanut Butter Overnight Oats**ACTIVE TIME:** 20 min**TOTAL TIME:** 8 hr 20 min

These high-protein peanut butter overnight oats with raspberries are a deliciously satisfying way to start your day! Packed with fiber-rich oats, peanut butter and a burst of fruity flavor from fresh raspberries, this breakfast keeps you fueled for hours. This easy-to-prepare breakfast can be assembled beforehand, making it perfect for busy mornings.

- 1 cup unsweetened soy milk
- ½ cup reduced-fat plain strained (Greek-style) yogurt, divided
- 3 tablespoons smooth natural peanut butter
- 3 teaspoons honey, divided
- ¼ teaspoon salt
- 1 cup old-fashioned rolled oats
- 1¼ cups fresh raspberries, coarsely chopped, divided
- 1½ teaspoons chia seeds

1. Whisk soy milk, ¼ cup yogurt, peanut butter, 2 teaspoons honey and salt in a large bowl until thoroughly combined. Stir in oats. Cover and refrigerate until thickened, at least 8 hours.

2. Meanwhile, in a medium bowl, using a fork, lightly mash 1 cup raspberries until all the berries are flattened; stir in chia seeds and the remaining 1 teaspoon honey. Let stand at room temperature for 10 minutes, stirring occasionally. Whisk in the remaining ¼ cup yogurt. Cover and refrigerate until ready to use.

3. When ready to serve, spoon ½ cup oat mixture in each of two (12-ounce) jars; spoon ¼ cup raspberry mixture over each. Spoon ½ cup oat mixture over each raspberry layer. Add the remaining raspberry mixture (about 2 tablespoons per jar); top with the remaining ¼ cup raspberries.

SERVINGS 2 SERVING SIZE 1 JAR CALORIES 448**CARBOHYDRATES 55G DIETARY FIBER 13G****TOTAL SUGARS 16G PROTEIN 20G TOTAL FAT****19G SATURATED FAT 3G SODIUM 381MG**



HIGH PROTEIN

Cottage Cheese Bowls

ACTIVE TIME: 20 min

TOTAL TIME: 20 min

This cottage cheese bowl, with capers, dill and a soft-cooked egg, is the ultimate high-protein meal. It will keep you going strong throughout the morning. Pulled together in only 20 minutes, this breakfast is the perfect choice for starting your day off right.

- 1 cup 1% low-fat no-salt-added small-curd cottage cheese
- 2½ tablespoons extra-virgin olive oil, divided
- 2 tablespoons chopped fresh dill, divided
- 2 tablespoons lemon juice, divided

- 1½ tablespoons drained capers, coarsely chopped
- 1 tablespoon thinly sliced chives, plus more for garnish
- ⅓ teaspoon salt plus ¼ teaspoon, divided
- 2 cloves garlic, finely chopped
- ¼ teaspoon ground pepper, plus more for garnish
- ⅔ cup halved cherry tomatoes
- ⅔ cup chopped seedless cucumber
- ⅓ cup thinly sliced red onion
- ⅓ cup rinsed canned chickpeas
- 2 soft-cooked large eggs, halved lengthwise

1. Combine cottage cheese, 1½ teaspoons oil, 1 tablespoon dill, 1½ teaspoons lemon juice, capers, chives and ⅓ teaspoon salt in a medium bowl; stir well. Divide between two serving bowls.

2. Whisk chopped garlic, ¼ teaspoon pepper and the remaining 1 tablespoon dill, 1½ teaspoons lemon juice and ¼ teaspoon salt in a medium bowl until combined. Add tomatoes, cucumbers, red onion and chickpeas; toss to coat.

3. Top each bowl with 1 cup of the vegetable mixture and 2 egg halves. Garnish with additional chives and black pepper, if desired. Drizzle the bowls with the remaining 2 tablespoons oil.

SERVINGS 2 SERVING SIZE 1 BOWL
CALORIES 388 CARBOHYDRATES 17G
DIETARY FIBER 3G TOTAL SUGARS 7G
PROTEIN 24G TOTAL FAT 24G
SATURATED FAT 5G SODIUM 688MG





LOW CARB | HIGH PROTEIN

Spinach, Mushroom & Egg Casserole

ACTIVE TIME: 25 min

TOTAL TIME: 1 hr 5 min

This delightful casserole is layered with earthy cooked mushrooms and baby spinach, fluffy eggs and nutty cave-aged Gruyère that deepens the flavor. Serve it for breakfast, brunch or even dinner with a green salad on the side.

- 2 tablespoons extra-virgin olive oil
- 1 pound cremini mushrooms, trimmed and sliced
- 5 medium cloves garlic, finely chopped
- 2 teaspoons dry mustard
- 1 teaspoon onion powder
- 1 teaspoon salt
- 5 ounces baby spinach
- 12 large eggs

- $\frac{3}{4}$ cup half-and-half
- $\frac{1}{2}$ cups shredded Gruyère cheese, preferably cave-aged, divided
- 2 teaspoons fresh thyme leaves

1. Preheat oven to 375°F. Coat a 9x13-inch baking dish with cooking spray. Heat oil in a large skillet over medium-high heat. Add mushrooms in an even layer; cook, undisturbed, until starting to brown, 5 to 6 minutes. Stir and continue to cook, undisturbed, until golden brown on the bottom, about 3 minutes. Stir and continue to cook, stirring occasionally, until the mushrooms are browned all over and the liquid has evaporated, about 3 minutes. Add garlic, dry mustard, onion powder and salt; cook, stirring constantly, until fragrant, about 1 minute. Add spinach and cook, stirring constantly, until the spinach wilts, 1 to

2 minutes. Set aside to cool slightly, about 10 minutes.

2. Crack eggs into a large bowl and whisk until completely smooth. Add half-and-half and whisk until combined. Reserve $\frac{1}{2}$ cup of the vegetable mixture; scatter the remaining mixture in the prepared baking dish. Sprinkle evenly with $\frac{3}{4}$ cup Gruyère. Pour the egg mixture over the top. Sprinkle evenly with the remaining $\frac{3}{4}$ cup Gruyère and the reserved $\frac{1}{2}$ cup vegetable mixture. Bake until puffed, golden brown and just set, 30 to 35 minutes. Let cool slightly, about 10 minutes. Sprinkle with thyme before serving.

SERVINGS 10 **SERVING SIZE** 1 SLICE
CALORIES 221 **CARBOHYDRATES** 5G
DIETARY FIBER 1G **TOTAL SUGARS** 1G
PROTEIN 15G **TOTAL FAT** 16G
SATURATED FAT 7G **SODIUM** 455MG

HIGH PROTEIN

Orange-Mango Smoothies

ACTIVE TIME: 10 min

TOTAL TIME: 10 min

This high-protein smoothie is a bright and refreshing drink that combines the tangy sweetness of fresh orange juice with the tropical richness of mangoes. A scoop of protein powder and yogurt make it into a satisfying breakfast. Using unflavored protein powder allows the fruit flavors to shine.

- 1 cup orange juice, plus orange twists for garnish (from 2 medium oranges)
- 1 cup frozen mango chunks
- 1 cup unsweetened soy milk
- ½ cup nonfat plain strained yogurt
- ¼ cup plain, unsweetened plant-based protein powder
- 1 tablespoon pure maple syrup

Combine all ingredients in a blender; blend until smooth and creamy, about 2 minutes. Divide between 2 glasses. Garnish with orange twists, if desired.

SERVINGS 2 SERVING SIZE 1 SMOOTHIE

CALORIES 224 CARBOHYDRATES 36G

DIETARY FIBER 3G TOTAL SUGARS 30G

PROTEIN 19G TOTAL FAT 2G SATURATED

FAT 0G SODIUM 47MG



LOW CARB

Plant-Based Protein Powder**ACTIVE TIME:** 15 min**TOTAL TIME:** 15 min

Make your own protein powder at home (store-bought can be pricey) with a mix of chia, hemp and pumpkin seeds. This blend creates a smooth protein powder. Add a scoop to your next smoothie or bowl of oatmeal, or try it in baked goods for a quick and easy way to boost your plant-based protein intake.

1 cup chia seeds, divided
1 cup hemp seeds, divided
¼ cup raw pepitas, divided

Place ¼ cup chia seeds, ¼ cup hemp seeds and pepitas in a spice grinder. Pulse just until finely ground, about 10 pulses. Transfer to a bowl. Repeat in three more batches with the remaining chia seeds and hemp seeds. Stir to combine. (Alternatively, pulse all ingredients together in a high-speed blender until finely ground, about 15 one-second pulses, stopping to scrape the seed mixture from the bottom of the blender occasionally.)

SERVINGS 16 **SERVING SIZE** ABOUT 2 TBSP. PLUS ¾ TSP. **CALORIES** 130

CARBOHYDRATES 6G **DIETARY**

FIBER 6G **TOTAL SUGARS** 0G **PROTEIN**

7G **TOTAL FAT** 8G **SATURATED FAT** 1G

SODIUM 0MG





HIGH PROTEIN

Chocolate-Strawberry Baked Oats

ACTIVE TIME: 15 min

TOTAL TIME: 1 hr 10 min

These baked oats offer the classic pairing of sweet, ripe strawberries with chocolate. This breakfast gets its protein boost from cottage cheese, which blends into the oats while adding a subtle tang. For an extra protein punch, a scoop of protein powder works seamlessly into the mixture, making the oats an even more satisfying way to start the day.

- 2½ cups old-fashioned rolled oats
- ¾ cup plain, unsweetened plant-based protein powder

- ¼ cup light brown sugar
- 2½ tablespoons cocoa powder
- 2 tablespoons mini semisweet chocolate chips
- ½ teaspoon instant espresso granules
- ¼ teaspoon salt
- 1 cup unsweetened soy milk
- 1 cup 1% low-fat cottage cheese
- 2½ cups sliced fresh strawberries, divided
- 2 large eggs, lightly beaten
- 2 teaspoons vanilla extract

- 1.** Preheat oven to 350°F. Coat an 8-inch square baking pan with cooking spray.
- 2.** Combine oats, protein powder, brown sugar, cocoa, chocolate chips, espresso granules and salt in a medium bowl; stir until well blended.
- 3.** Combine soy milk, cottage

cheese and 2 cups strawberries in a blender; blend until smooth, about 1 minute. Pour the strawberry milk mixture into the bowl with the oat mixture. Stir in beaten eggs and vanilla until well combined. Pour the mixture into the prepared pan, spreading it into an even layer. Top with the remaining ½ cup strawberries.

4. Bake until a toothpick inserted in the center comes out clean, about 40 minutes. Cool on a wire rack for 15 minutes before slicing.

SERVINGS 8 **SERVING SIZE** 1 SQUARE
CALORIES 237 **CARBOHYDRATES** 32G
DIETARY FIBER 5G **TOTAL SUGARS** 12G
PROTEIN 17G **TOTAL FAT** 5G
SATURATED FAT 2G **SODIUM** 218MG

HIGH PROTEIN

Blueberry & Peanut Butter Chia Pudding**ACTIVE TIME:** 15 min**TOTAL TIME:** 12 hr 15 min

This is a perfect make-ahead breakfast, packed with fiber and protein to keep you energized throughout the day. Chia seeds soak up the blended almond milk and blueberries overnight, creating a creamy pudding that's layered for a peanut butter-and-jelly effect.

- 3 cups unsweetened almond milk**
- 2½ cups blueberries, divided**
- 2 tablespoons plain, unsweetened plant-based protein powder**

- ¾ cup chia seeds**
- 2 tablespoons pure maple syrup plus 1 teaspoon, divided**
- 1¼ teaspoons vanilla extract, divided**
- ¼ teaspoon salt**
- ¾ cup nonfat plain strained yogurt**
- ⅓ cup smooth natural peanut butter**

- 1.** Process almond milk, 2 cups blueberries and protein powder in a blender until smooth, about 30 seconds. Transfer to a medium bowl; whisk in chia seeds, 2 tablespoons maple syrup, 1 teaspoon vanilla and salt until well combined. Cover and refrigerate until thickened, at least 12 hours.
- 2.** In a small bowl, stir yogurt, peanut butter and the remaining

1 teaspoon maple syrup and ¾ teaspoon vanilla together until smooth. Cover and refrigerate until ready to use.

- 3.** Spoon 1 cup of blueberry chia pudding into each of 4 jars or small bowls. Spread 2 tablespoons peanut butter mixture over each pudding. Top the puddings evenly with the remaining ½ cup blueberries.

SERVINGS 4 **SERVING SIZE** 1 JAR
CALORIES 478 **CARBOHYDRATES** 45G
DIETARY FIBER 17G **TOTAL SUGARS** 19G
PROTEIN 24G **TOTAL FAT** 25G
SATURATED FAT 3G **SODIUM** 386MG





EASY LUNCHES

Whether on the go or put together in a few minutes, these satisfying lunches can stave off afternoon hunger.

LOW CARB | HIGH PROTEIN

Avocado Chicken Salad

ACTIVE TIME: 15 min

TOTAL TIME: 15 min

This avocado chicken salad is herbaceous, bright and creamy. The blend of cilantro, dill and chives pairs nicely with fresh avocado. Enjoy this easy recipe over lettuce, on crackers or in a wrap.

- ½ cup firmly packed fresh cilantro leaves and tender stems
- ½ cup coarsely chopped fresh chives, plus more for garnish
- ¼ cup firmly packed fresh dill fronds
- 1 tablespoon drained capers
- 1 teaspoon lemon zest, plus more for garnish
- 1 tablespoon lemon juice
- 2 cloves garlic
- ¾ teaspoon salt
- ½ teaspoon ground pepper
- 2 ripe avocados, halved and pitted, divided
- ½ cup mayonnaise
- ¼ cup whole-milk plain strained yogurt
- 3 cups shredded cooked chicken breast

1. Combine cilantro, chives, dill, capers, lemon zest, lemon juice, garlic, salt, pepper and the flesh of 1 avocado in a food processor; process until finely chopped, about 30 seconds. Add mayonnaise and yogurt; process until smooth, 1 to 2 minutes.
2. Dice the remaining avocado and place in a medium bowl. Add chicken and the dressing; stir gently until combined and evenly coated. Serve at room temperature or refrigerate until cold, about 2 hours. Garnish with additional chives and lemon zest, if desired.

SERVINGS 6 **SERVING SIZE** ABOUT ½ CUP **CALORIES** 321
CARBOHYDRATES 7G **DIETARY FIBER** 5G **TOTAL SUGARS** 1G
PROTEIN 24G **TOTAL FAT** 22G **SATURATED FAT** 4G
SODIUM 464MG







HIGH PROTEIN

Strawberry Poppy Seed Salad with Chicken

ACTIVE TIME: 10 min

TOTAL TIME: 10 min

In this healthy copycat of a takeout salad favorite, we combine precooked (or leftover) chicken and poppy seed dressing with fresh greens, strawberries and goat cheese for an easy throw-together meal that's ready in 10 minutes.

Dressing

2½ tablespoons mayonnaise

1½ tablespoons apple cider vinegar
1 tablespoon extra-virgin olive oil
1 teaspoon poppy seeds
1 teaspoon sugar
¼ teaspoon salt
¼ teaspoon ground pepper

Salad

4 cups mixed salad greens
1 cup diced cooked chicken
4 large strawberries, hulled and sliced
1 ounce goat cheese, crumbled (¼ cup)
¼ cup chopped toasted pecans (optional)

1. Whisk mayonnaise, vinegar, oil, poppy seeds, sugar, salt and pepper in a large bowl.
2. Add greens, chicken, strawberries and goat cheese and toss to coat. Sprinkle with pecans, if desired.

SERVINGS 2 **SERVING SIZE** 2 CUPS
CALORIES 265 **CARBOHYDRATES** 15G
DIETARY FIBER 3G **TOTAL SUGARS** 9G
PROTEIN 18G **TOTAL FAT** 15G
SATURATED FAT 4G **SODIUM** 423MG

LOW CARB

Avocado Egg Salad**ACTIVE TIME:** 10 min**TOTAL TIME:** 10 min

This quick recipe takes classic egg salad to the next level with the addition of creamy avocado. Serve it on a piece of toasted whole-grain bread or inside a tender lettuce leaf. Avocados brown quickly, so plan on making this salad no more than two hours before you plan to serve it.

- 6 hard-boiled eggs, coarsely chopped
- 1 medium avocado
- 2 tablespoons lemon juice
- 1 tablespoon mayonnaise
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper
- $\frac{1}{3}$ cup finely chopped celery
- 2 tablespoons chopped fresh chives, plus more for garnish

Mash eggs, avocado, lemon juice, mayonnaise, salt and pepper together in a medium bowl until coarsely mashed and creamy. Fold in celery and chives. Garnish with additional chives, if desired.

SERVINGS 4 **SERVING SIZE** $\frac{3}{4}$ CUP
CALORIES 224 **CARBOHYDRATES** 6G
DIETARY FIBER 4G **TOTAL SUGARS** 2G
PROTEIN 11G **TOTAL FAT** 18G
SATURATED FAT 4G **SODIUM** 416MG



HIGH PROTEIN

Loaded Sweet Potatoes with Chickpeas**ACTIVE TIME:** 30 min**TOTAL TIME:** 1 hr 15 min

These loaded chickpea-stuffed sweet potatoes are a hearty and nutritious lunch that combines the natural sweetness of roasted sweet potatoes with the satisfying crunch of crispy chickpeas. The chickpeas, cooked on the stovetop and seasoned to perfection, add a boost of fiber and plant-based protein, making this dish both filling and flavorful.

- 4 medium sweet potatoes (about 10 ounces each), scrubbed
- 3 tablespoons extra-virgin olive oil
- 1 (15 ounce) can no-salt-added chickpeas, rinsed and patted dry
- $\frac{3}{4}$ teaspoon smoked paprika
- $\frac{1}{2}$ teaspoon garlic powder, divided
- $\frac{1}{2}$ teaspoon salt, divided
- $\frac{1}{4}$ teaspoon ground pepper
- $\frac{3}{4}$ cup shredded sharp Cheddar cheese, divided
- 4 medium scallions, thinly sliced (about $\frac{1}{2}$ cup), divided
- 4 tablespoons sour cream, divided

1. Preheat oven to 425°F. Prick sweet potatoes all over with a fork and place on a baking sheet. Roast until very tender, 45 to 60 minutes. Let stand until cool enough to handle but still hot, about 15 minutes. (Alternatively, after pricking sweet potatoes all over, wrap each in a damp paper towel and place on a microwave-safe plate. Microwave on high in 4-minute increments, turning the potatoes at each interval, until a fork pierces to the center, about 12 minutes total.)

2. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add thoroughly dried chickpeas; cook, stirring occasionally, until deeply golden brown and crispy, 15 to 17 minutes. Using a slotted spoon, transfer the chickpeas to a small bowl. Add smoked paprika and $\frac{1}{4}$ teaspoon each garlic powder, salt and pepper; toss to coat.

3. When the sweet potatoes are cool enough to handle, slice them open in the center, leaving $\frac{1}{2}$ inch unliced on each end. Push the ends with your fingers to help open the centers. Using a spoon, scoop most of the sweet potato flesh into a large bowl, leaving a $\frac{1}{4}$ -inch layer of flesh on the skins. Place the skins on a foil-lined baking sheet and gently open them slightly more to help when filling.

4. To the sweet potato flesh in the bowl, add $\frac{1}{2}$ cup Cheddar, scallions, 2 tablespoons sour cream and the remaining $\frac{1}{4}$ teaspoon each garlic powder and salt. Using a potato masher,

mash the mixture until well combined. Spoon the mixture evenly into the skins (about heaping $\frac{1}{2}$ cup each).

5. Bake the stuffed sweet potatoes until heated through, 8 to 10 minutes. Top each with 1 tablespoon Cheddar, $\frac{1}{4}$ cup crispy chickpeas, 1 tablespoon scallions and $\frac{1}{2}$ teaspoons sour cream.

SERVINGS 4 SERVING SIZE 1 STUFFED SWEET POTATO
CALORIES 553
CARBOHYDRATES 77G DIETARY FIBER 14G
TOTAL SUGARS 16G PROTEIN 15G
TOTAL FAT 22G SATURATED FAT 7G
SODIUM 570MG



HIGH PROTEIN

Arugula, Chicken & Melon Salad with Sumac Dressing

ACTIVE TIME: 20 min

TOTAL TIME: 20 min

Sweet and savory find harmony in this salad, dotted with ripe melon and tossed in a lemony dressing. Melon balls are so adorable, but making them leaves some fruit behind—whir up those leftovers into a smoothie!

$\frac{1}{4}$ cup lemon juice
1 teaspoon ground sumac,
plus more for garnish

1 teaspoon honey
1 clove garlic, grated
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ cup extra-virgin
olive oil
5 ounces baby arugula
(8 cups)
2 cups shredded cooked
chicken breast
(about 12 ounces)
2 cups cantaloupe
balls (from 1 small
melon)
4 ounces feta cheese,
preferably sheep's-milk,
crumbled
1 cup fresh mint leaves,
torn
 $\frac{1}{4}$ cup pine nuts, toasted

Whisk lemon juice, sumac, honey, garlic and salt in a large bowl. Gradually whisk in oil until combined. Add arugula, chicken, melon, feta and mint. Toss to coat with the dressing. Sprinkle with pine nuts and garnish with additional sumac, if desired.

SERVINGS 4 **SERVING SIZE** $2\frac{1}{4}$ CUPS
CALORIES 453 **CARBOHYDRATES** 15G
DIETARY FIBER 3G **TOTAL SUGARS** 10G
PROTEIN 33G **TOTAL FAT** 29G
SATURATED FAT 7G **SODIUM** 489MG







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LOW CARB | HIGH PROTEIN

Cauliflower Rice Bowls with Grilled Asparagus & Chicken Sausage

ACTIVE TIME: 15 min

TOTAL TIME: 15 min

Stock the fridge with a week's worth of lunches using a handful of ingredients from your local grocery. To save on carbs, we're swapping in riced cauliflower for regular rice and adding pre-grilled asparagus, which bulks up these bowls and adds fiber. At lunchtime, just reheat to steaming, then top with a bit of pesto.

- 2 teaspoons extra-virgin olive oil
- 4 links fully cooked sweet Italian chicken sausage, sliced
- 1 (12 ounce) package frozen riced cauliflower
- 1 (12 ounce) package frozen grilled asparagus spears
- 6 tablespoons pesto

- 1.** Heat oil in a nonstick skillet over medium heat. Add sausage and cook, stirring often, until heated through and browned on both sides, about 5 minutes.
- 2.** Prepare cauliflower and asparagus according to package directions (about 3 to 4 minutes each in the microwave). Set aside to cool slightly before assembling bowls.
- 3.** Divide pesto among 4 small lidded containers and refrigerate.
- 4.** Divide the cauliflower among 4 single-serving lidded containers. Top each with one-fourth of the asparagus and one-fourth of the sausage. Refrigerate for up to 4 days. To reheat, vent the lid and microwave on High until steaming, 2½ to 3 minutes. Top with pesto before serving.

SERVINGS 4 SERVING SIZE 1 MEAL-PREP CONTAINER & 1½ TBSP. PESTO
CALORIES 290
CARBOHYDRATES 8G DIETARY FIBER 4G
TOTAL SUGARS 3G PROTEIN 20G TOTAL FAT 19G SATURATED FAT 4G SODIUM 733MG

LOW CARB | HIGH PROTEIN

Tuna Salad Lettuce Wraps**ACTIVE TIME:** 20 min**TOTAL TIME:** 1 hr 20 min

These wraps are a fun anti-inflammatory-friendly lunch idea. Tuna provides protein and omega-3 fatty acids, while the addition of strained yogurt in the dressing helps amp up the protein. These wraps are packed with chopped apple, onion and celery to provide a welcome crunch.

- ½ cup whole-milk plain strained yogurt
- ¼ cup mayonnaise
- 1½ tablespoons lemon juice
- 1½ tablespoons finely chopped fresh tarragon
- 1¼ teaspoons Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon ground pepper

- 3 (5 ounce) cans no-salt-added water-packed tuna, drained and flaked
- ¾ cup finely chopped unpeeled Fuji apple
- ½ cup finely chopped sweet onion
- ¼ cup thinly sliced celery
- 4 ounces butter lettuce leaves (about 16 leaves)

Whisk yogurt, mayonnaise, lemon juice, tarragon, mustard, salt and pepper in a large bowl. Add flaked tuna, apple, onion and celery; stir until well combined. Cover and refrigerate until flavors meld, at least 1 hour and up to 4 days. Serve the tuna in lettuce leaves, about 3 to 4 leaves per serving.

SERVINGS 4 **SERVING SIZE** ABOUT ¾ CUP TUNA SALAD & 1 OZ. LETTUCE
CALORIES 259 **CARBOHYDRATES** 7G
DIETARY FIBER 1G **TOTAL SUGARS** 5G
PROTEIN 28G **TOTAL FAT** 12G
SATURATED FAT 2G **SODIUM** 459MG



LOW CARB | HIGH PROTEIN

Mason Jar Salad**ACTIVE TIME:** 10 min**TOTAL TIME:** 10 min

Mason jar salads make for a convenient lunch that can easily be taken on the go or enjoyed at home. With just a few ingredients, you have a well-rounded lunch packed with fiber, protein and micronutrients.



½ cup extra-virgin olive oil
 ½ cup balsamic vinegar
 ¼ cup chopped shallot
 1 tablespoon Dijon mustard
 1 teaspoon Italian seasoning
 ½ teaspoon salt
 ½ teaspoon ground pepper
 ¼ cup shredded carrot
 ¼ cup sliced radishes
 ¼ cup sliced cucumber
 2 hard-boiled large eggs, halved

¼ cup nonfat shredded Cheddar cheese
 1 cup mixed salad greens

1. Whisk oil, vinegar, shallot, mustard, Italian seasoning, salt and pepper together in a large bowl. Pour 2 tablespoons of the vinaigrette into a 1-quart mason jar. (Reserve the remaining dressing for another use.)
2. Add carrot, radishes, cucumber, eggs and Cheddar to the jar. Top with salad greens. Cover

and refrigerate for up to 3 days. When ready to eat, shake the jar until the vinaigrette is evenly distributed.

SERVINGS 1 SERVING SIZE 1 JAR
CALORIES 373 CARBOHYDRATES 12G
DIETARY FIBER 3G TOTAL SUGARS 6G
PROTEIN 24G TOTAL FAT 25G
SATURATED FAT 5G SODIUM 671MG



LOW CARB | HIGH PROTEIN

Spinach & Artichoke Salad with Parmesan Vinaigrette

ACTIVE TIME: 15 min

TOTAL TIME: 15 min

Inspired by the classic warm party dip, this simple salad can be served up right away or divided into small lidded containers for a week of delicious lunches. To keep the hard-boiled eggs tasting fresh, we suggest adding them to your salad just before serving or in the morning before packing your lunch to go.

1 (15 ounce) can quartered artichoke hearts
Parmesan Vinaigrette

1 (5 ounce) package baby spinach (about 6 cups)
6 hard-boiled eggs
¼ cup chopped unsalted pistachios

1. Line a sheet pan with paper towels or a clean dish towel. Drain artichokes in a wire-mesh strainer and rinse well under cold water; drain again. Arrange the artichokes in a single layer on the prepared pan (to remove moisture); set aside.
2. Transfer 2 tablespoons vinaigrette into each of four small lidded containers.
3. Divide the artichokes among the four single-serving containers. Top each with one-fourth of the spinach. Seal the containers and refrigerate for up to four days.

4. In the morning before taking your lunch to go, slice 1½ hard-boiled eggs and add to the meal-prep container. Dress with the vinaigrette and sprinkle with 1 tablespoon pistachios just before serving.

Parmesan Vinaigrette

Whisk together ¼ cup grated Parmesan cheese, ¾ cup extra-virgin olive oil, 5 tablespoons red-wine vinegar, 1 clove grated garlic and 1½ tablespoons Dijon mustard. Season with ¼ teaspoon salt and pepper to taste.

SERVINGS 4 SERVING SIZE 1 CONTAINER
CALORIES 324 CARBOHYDRATES 12G
DIETARY FIBER 4G TOTAL SUGARS 1G
PROTEIN 16G TOTAL FAT 24G
SATURATED FAT 5G SODIUM 561MG

HIGH PROTEIN**No-Cook White Bean Salad with Feta & Lemon-Garlic Vinaigrette****ACTIVE TIME:** 20 min**TOTAL TIME:** 20 min

In this quick salad, white beans provide plant-based protein while also adding fiber to help keep you full. Creamy feta cheese provides a tangy, salty contrast to the bright vinaigrette. Tossed with fresh herbs and toasted walnuts, it's perfect for a light lunch or a side dish.

2 tablespoons lemon juice

2 tablespoons whole-milk plain strained yogurt
 ½ teaspoon Dijon mustard
 1 small clove garlic, grated (about ¼ teaspoon)
 ¼ teaspoon coarsely ground black pepper
 ¼ teaspoon salt
 ¼ cup extra-virgin olive oil
 2 (15 ounce) cans no-salt-added cannellini beans, rinsed (about 3 cups)
 3 cups loosely packed baby spinach
 1 pint cherry tomatoes, halved (about 2 cups)
 2 small shallots, sliced (about ¾ cup)
 3 tablespoons chopped fresh dill

½ cup crumbled feta cheese
 ¼ cup toasted chopped walnuts

Whisk lemon juice, yogurt, mustard, garlic, pepper and salt together in a large bowl. While whisking constantly, slowly stream in oil until combined. Add beans, spinach, halved tomatoes, shallots and dill; gently toss until evenly coated. Sprinkle with feta and walnuts.

SERVINGS 4 **SERVING SIZE** ABOUT 2 CUPS **CALORIES** 416 **CARBOHYDRATES** 45G **DIETARY FIBER** 12G **TOTAL SUGARS** 6G **PROTEIN** 18G **TOTAL FAT** 20G **SATURATED FAT** 3G **SODIUM** 220MG







SATISFYING SOUPS

Have a spoonful of comfort with these nutrient-packed bowls.

LOW CARB | HIGH PROTEIN

Chicken & Bok Choy Soup with Ginger & Mushrooms

ACTIVE TIME: 30 min

TOTAL TIME: 1 hr 30 min

This healthy and nourishing chicken and vegetable soup is the perfect soothing meal.

- ½ ounce (about ½ cup) dried shiitake or mixed dried mushrooms
- 3 cups boiling water
- 1 tablespoon peanut oil or neutral oil, such as canola or avocado
- 2 cups diced onion
- 3 cloves garlic, thinly sliced
- ⅝-inch-thick slices peeled fresh ginger
- 6 cups reduced-sodium chicken broth
- ¼ cup reduced-sodium soy sauce
- 1 (2 to 3 inch) cinnamon stick
- 1 whole star anise
- 1 teaspoon freshly ground pepper
- 2 pounds boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces
- 1 bulb fennel, cored and cut into 1-inch pieces
- 8 scallions, whites cut into 2-inch pieces and greens chopped, divided
- 1 pound bok choy, preferably baby bok choy, white stems sliced lengthwise and greens chopped, divided
- 2 cups (4 ounces) mung bean sprouts
- ½ cup chopped fresh cilantro

- 2 teaspoons toasted sesame oil
- Lime wedges for garnish

1. Place mushrooms in a heat-proof measuring cup and cover with boiling water. Soak for at least 30 minutes or up to several hours. Remove the mushrooms from the water, remove and discard stems (if any) and cut into ⅝-inch slices; set aside. Strain the soaking liquid and reserve.
2. Heat oil in a large soup pot or Dutch oven over medium heat. Add onion, garlic and ginger and cook, stirring, for 5 minutes. Add in the reserved mushroom liquid, broth, soy sauce, cinnamon stick, star anise and pepper. Bring to a boil. Reduce to a simmer and stir in chicken. Simmer for 20 minutes.
3. Stir in fennel, scallion whites and the reserved mushrooms and cook for 5 minutes. Add bok choy stems, return to a simmer and cook for 3 minutes more. Stir in bok choy greens and bean sprouts. Cook until the greens are just wilted, about 2 minutes more.
4. Discard the cinnamon stick and star anise. Ladle the soup into bowls. Garnish each bowl with scallion greens, cilantro and a ¼-teaspoon drizzle of sesame oil. Serve with lime wedges, if desired.

SERVINGS 8 SERVING SIZE ABOUT 1¼ CUPS
CALORIES 257 CARBOHYDRATES 13G
DIETARY FIBER 3G TOTAL SUGARS 5G
PROTEIN 27G TOTAL FAT 11G
SATURATED FAT 3G SODIUM 789MG

HIGH PROTEIN

Coconut Stew with Spinach & Beans**ACTIVE TIME:** 40 mins**TOTAL TIME:** 40 mins

Sweet potatoes add sweetness and body to this stew flavored with ginger, cumin, coriander and turmeric (which gives it its vibrant yellow color). Unseeded chiles add extra heat, but you can seed them to mellow the spiciness. You want the potatoes cooked until they're tender but not falling apart in the stew—the carryover heat will continue to cook them while the stew sits off the heat.

- 2 tablespoons extra-virgin olive oil
- 1 small yellow onion, chopped
- 2 tablespoons chopped unseeded jalapeño pepper
- 1 tablespoon finely chopped garlic

- 2 teaspoons finely chopped fresh ginger
- 2 tablespoons unsalted tomato paste
- 1½ teaspoons ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon ground turmeric
- 2 cups water
- 1 (13.5 ounce) can light coconut milk
- 1 pound scrubbed sweet potatoes, sliced crosswise ½-inch thick
- 1 (15 ounce) can no-salt-added cannellini beans, rinsed
- 1 (5 ounce) package fresh spinach
- ½ teaspoon salt
- 1 tablespoon lemon juice

1. Heat oil in a large saucepan over medium-high heat. Add onion; cook, stirring occasionally, until just beginning to brown, about 6 minutes. Add jalapeño,

garlic and ginger; cook, stirring often, until fragrant, about 1 minute. Add tomato paste, cumin, coriander and turmeric; cook, stirring constantly, until fragrant and the vegetables are coated, about 30 seconds.

2. Stir in water and coconut milk; bring to a vigorous simmer over high heat. Reduce heat to medium and add sweet potatoes; bring to a gentle boil. Cook, stirring occasionally, until the sweet potatoes are tender, about 15 minutes.

3. Add beans, spinach and salt; stir until the spinach is wilted, about 1 minute. Remove from heat and stir in lemon juice.

SERVINGS 4 **SERVING SIZE** 1½ CUPS
CALORIES 399 **CARBOHYDRATES** 57G
DIETARY FIBER 12G **TOTAL SUGARS** 7G
PROTEIN 15G **TOTAL FAT** 14G
SATURATED FAT 7G **SODIUM** 381MG





LOW CARB | HIGH PROTEIN

Kimchi-Tofu Soup with Sesame & Egg

ACTIVE TIME: 15 min

TOTAL TIME: 15 min

Cubed tofu soaks up the delicious aromatic broth, full of tang and flavor from prepared kimchi, garlic paste and ginger paste. Use your favorite brand of kimchi (if you avoid eating seafood, look for a brand of kimchi that's vegetarian)—just be sure to drain it before adding. A fried egg adds protein to this soup.

- 3 tablespoons canola oil, divided
- 1 tablespoon garlic paste
- 2 teaspoons ginger paste
- 4 cups lower-sodium vegetable or no-chicken broth

- 2 cups kimchi, drained
- 2 cups classic coleslaw mix
- 1 (14 ounce) package extra-firm tofu, drained and cubed (¾-inch)
- 5 medium scallions, cut into 1-inch pieces
- 1 tablespoon reduced-sodium soy sauce
- 4 large eggs
- 1 tablespoon toasted sesame oil
- 1 tablespoon toasted sesame seeds

1. Heat 2 tablespoons canola oil in a medium Dutch oven over medium heat. Stir in garlic paste and ginger paste; cook, stirring constantly, until fragrant, about 1 minute. Stir in broth, kimchi and coleslaw mix; bring to a boil over high heat. Reduce heat to medium-low and add tofu, scallions and soy sauce; cook,

stirring occasionally, until the tofu is heated through, about 5 minutes.

2. Meanwhile, heat the remaining tablespoon canola oil in a large nonstick skillet over medium-high heat. Crack eggs, one at a time, into the pan; cook to desired doneness, 1½ to 2 minutes for a runny yolk and 3½ to 4 minutes for a firmer yolk.

3. Divide the soup among 4 bowls. Top each with a fried egg. Drizzle with sesame oil and top with sesame seeds.

SERVINGS 4 **SERVING SIZE** 1¼ CUPS SOUP, ¾ TSP. SESAME OIL & ¾ TSP. SESAME SEEDS **CALORIES** 472 **CARBOHYDRATES** 13G **DIETARY FIBER** 3G **TOTAL SUGARS** 5G **PROTEIN** 21G **TOTAL FAT** 38G **SATURATED FAT** 5G **SODIUM** 803MG



LOW CARB | HIGH PROTEIN

Chicken Noodle Soup with Spinach & Parmesan

ACTIVE TIME: 15 min

TOTAL TIME: 20 min

Wine and garlic add depth to this quick and simple soup. The pasta will absorb broth as the soup sits, so if you want to make a double batch or are planning on eating this over multiple days, cook the pasta separately and add it when you're ready to serve.

- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, thinly sliced
- ¼ teaspoon crushed red pepper
- ⅓ cup dry white wine

- 6 cups low-sodium chicken broth
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ½ cup whole-wheat small elbow pasta
- 2 cups shredded cooked chicken breast
- 1 (5 ounce) package baby spinach
- ½ teaspoon lemon zest
- 2 tablespoons lemon juice
- ⅓ cup finely grated Parmesan cheese

1. Cook oil, garlic and crushed red pepper in a medium saucepan over medium-high heat, stirring constantly, until fragrant and sizzling, about 2 minutes. Stir in wine; cook, stirring once, until reduced by half, about 2 minutes.

2. Stir in broth, salt and pepper. Cover and bring to a boil over high heat. Add pasta; cook, stirring occasionally, until al dente, about 6 minutes.

3. Remove from heat. Add chicken and spinach; stir until the spinach is wilted, about 1 minute. Stir in lemon zest and lemon juice.

4. Divide the soup among 4 shallow bowls; sprinkle with Parmesan.

SERVINGS 4 **SERVING SIZE** 1¼ CUPS
CALORIES 320 **CARBOHYDRATES** 13G
DIETARY FIBER 2G **TOTAL SUGARS** 1G
PROTEIN 33G **TOTAL FAT** 14G
SATURATED FAT 4G **SODIUM** 475MG

LOW CARB

Creamy Cucumber Soup**ACTIVE TIME:** 15 min**TOTAL TIME:** 35 min

There's no reason to only eat cucumbers raw—they are wonderful sautéed and then pureed with avocado for a silky cucumber soup that's good warm or cold.

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 tablespoon lemon juice
- 4 cups peeled, seeded and thinly sliced cucumbers, divided
- 1½ cups vegetable broth, or reduced-sodium chicken broth

- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- Pinch of cayenne pepper
- 1 avocado, diced
- ¼ cup chopped fresh parsley, plus more for garnish
- ½ cup low-fat plain yogurt

1. Heat oil in a large saucepan over medium-high heat. Add garlic and onion; cook, stirring occasionally, until tender, 1 to 4 minutes. Add lemon juice and cook for 1 minute. Add 3¾ cups cucumber, broth, salt, pepper and cayenne; bring to a simmer. Reduce heat and cook at a gentle simmer until the cucumbers are soft, 6 to 8 minutes.

2. Transfer the soup to a blender. Add avocado and parsley; blend on low speed until smooth. (Use caution when pureeing hot liquids.) Pour into a serving bowl and stir in yogurt. Serve the soup warm or refrigerate and serve it chilled. Just before serving, garnish with the remaining cucumber slices and more chopped parsley, if desired.

SERVINGS 4 **SERVING SIZE** ABOUT 1 CUP
CALORIES 169 **CARBOHYDRATES** 14G
DIETARY FIBER 5G **TOTAL SUGARS** 6G
PROTEIN 4G **TOTAL FAT** 12G **SATURATED FAT** 2G **SODIUM** 494MG





FILLING SNACKS

A protein-packed snack will help keep you feeling full until it's time for your next meal.

LOW CARB | HIGH PROTEIN

Cottage Cheese Snack Jar with Fruit

ACTIVE TIME: 10 min

TOTAL TIME: 10 min

Create a creamy on-the-go snack by combining protein-packed cottage cheese with sweet chopped peaches. When peaches are out of season, opt for frozen, or experiment with an alternative such as chopped strawberries or orange segments. Elevate the flavor by adding a hint of vanilla extract or cinnamon to the cottage cheese. A drizzle of honey or maple syrup is the perfect finishing touch.

- ½ cup low-fat, no-salt-added cottage cheese
- ½ cup diced peaches, fresh or thawed if frozen
- 2 tablespoons chopped pecans

Place cottage cheese in a jar. Top with peaches and pecans. Cover and refrigerate for up to 1 day.

SERVINGS 1 **SERVING SIZE** 1 JAR **CALORIES** 215
CARBOHYDRATES 12G **DIETARY FIBER** 3G
TOTAL SUGARS 10G **PROTEIN** 16G **TOTAL FAT** 12G
SATURATED FAT 2G **SODIUM** 15MG





LOW CARB | HIGH PROTEIN

Everything-Seasoned Almonds

ACTIVE TIME: 5 min

TOTAL TIME: 1 hr 20 min

Grinding up the everything bagel seasoning in a spice grinder will help it adhere to the almonds.

- 1 large egg white
- 3 tablespoons everything bagel seasoning, ground
- 3 cups raw unsalted almonds

1. Preheat oven to 250°F.

2. Whisk egg white and seasoning in a medium bowl. Add almonds and toss to coat. Spread in an even layer on a large rimmed baking sheet.

3. Bake, stirring every 15 minutes, until dry, about 45 minutes. Let cool completely before storing, about 30 minutes.

SERVINGS 12 **SERVING SIZE** ¼ CUP
CALORIES 223 **CARBOHYDRATES** 8G
DIETARY FIBER 4G **TOTAL SUGARS** 2G
PROTEIN 8G **TOTAL FAT** 18G
SATURATED FAT 1G **SODIUM** 245MG

LOW CARB | HIGH PROTEIN

Cucumber-Dill Ricotta Snack Jar

ACTIVE TIME: 10 min

TOTAL TIME: 10 min

This simple snack jar features herbaceous ricotta cheese along-side cucumber and bell pepper for dipping. Use any color mini bell pepper you have on hand. Cottage cheese can be substituted for the ricotta, if desired. Double the recipe to have a couple of snacks in the fridge.

- ½ cup part-skim ricotta cheese
- 1 teaspoon chopped fresh dill
- ¼ cup chopped cucumber
- 1 mini bell pepper, sliced

Stir ricotta and dill together in a 16-ounce jar. Add cucumber and bell pepper. Cover and refrigerate for up to two days.

SERVINGS 1 **SERVING SIZE** 1 JAR
CALORIES 192 **CARBOHYDRATES** 10G
DIETARY FIBER 1G **TOTAL SUGARS** 3G
PROTEIN 15G **TOTAL FAT** 10G
SATURATED FAT 6G **SODIUM** 125MG







LOW CARB | HIGH PROTEIN

High-Protein Dips**ACTIVE TIME:** 5 min**TOTAL TIME:** 5 min

These high-protein cottage cheese dips are easy to whip up and pair perfectly with your favorite fruits and veggies. Whether you're in the mood for something sweet or savory, these recipes will keep you full and energized while squeezing in an extra serving of veggies. (To make ahead, refrigerate in an airtight container for up to three days.)

Creamy Parmesan Pesto Dip

Combine 2 cups cottage cheese, 3 tablespoons pesto and 2 tablespoons Parmesan in a food processor. Process until smooth, about 5 seconds. Serve ¼ cup dip with 3 cups peppers.

CALORIES 75 **CARBOHYDRATES** 5G
DIETARY FIBER 1G **TOTAL SUGARS** 4G
PROTEIN 7G **TOTAL FAT** 3G
SATURATED FAT 1G **SODIUM** 286MG

Crunchy Honey-Almond Dip

Combine 2 cups nonfat cottage cheese, ½ cup unsalted sliced almonds, 2 teaspoons vanilla extract and 2 tablespoons honey in a food processor. Process until mostly smooth, about 5 seconds. (This ensures the dip maintains a creamy texture with a delightful crunch from the almonds.) Serve ¼ cup dip with 3 cups fresh apple slices.

CALORIES 109 **CARBOHYDRATES** 14G
DIETARY FIBER 2G **TOTAL SUGARS** 11G
PROTEIN 8G **TOTAL FAT** 3G
SATURATED FAT 0G **SODIUM** 206MG

Cheesy Taco Dip

Combine 2 cups nonfat cottage cheese, ½ cup shredded reduced-fat Cheddar cheese and 1 tablespoon reduced-sodium taco seasoning in a food processor. Process until just blended, about 5 seconds. Serve ¼ cup dip with 3 cups celery sticks.

CALORIES 55 **CARBOHYDRATES** 5G
DIETARY FIBER 1G **TOTAL SUGARS** 3G
PROTEIN 8G **TOTAL FAT** 0G
SATURATED FAT 0G **SODIUM** 342MG

Peanut Butter & Chocolate Dip

Combine 2 cups nonfat cottage cheese, 3 tablespoons cocoa powder and ¼ cup peanut butter in a food processor. If you prefer a sweeter taste, add 1 tablespoon agave syrup. Process until smooth and creamy, about 5 seconds. Serve ¼ cup dip with 3 cups fresh strawberries.

CALORIES 116 **CARBOHYDRATES** 12G
DIETARY FIBER 2G **TOTAL SUGARS** 7G
PROTEIN 9G **TOTAL FAT** 5G
SATURATED FAT 1G **SODIUM** 240MG

Spicy Sriracha-Feta Dip

Combine 2 cups nonfat cottage cheese, ⅓ cup crumbled feta cheese and 1½ tablespoons Sriracha in a food processor. Process until blended, about 5 seconds. Serve ¼ cup dip with 3 cups cucumber slices.

CALORIES 61 **CARBOHYDRATES** 5G
DIETARY FIBER 0G **TOTAL SUGARS** 3G
PROTEIN 8G **TOTAL FAT** 1G
SATURATED FAT 1G **SODIUM** 340MG



LOW CARB | HIGH PROTEIN

Tuna Salad Spread

ACTIVE TIME: 5 min

TOTAL TIME: 5 min

This is a healthy twist on tuna salad and uses avocado and yogurt in place of mayonnaise. Serve it on cucumber slices, butter lettuce leaves or whole-grain crackers.

- 1 avocado, mashed
- 2 tablespoons low-fat plain strained yogurt
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh parsley
- ¼ teaspoon garlic powder
- ¼ teaspoon paprika
- ¼ teaspoon salt

- ¼ teaspoon ground pepper
- 1 (5 ounce) can albacore tuna in water, drained
- ¼ cup diced onion or celery

Combine avocado and yogurt in a small bowl and stir well. Add lemon juice, parsley, garlic powder, paprika, salt and pepper and stir well. Add tuna and onion (or celery) and mix gently until combined.

SERVINGS 4 **SERVING SIZE** ½ CUP
CALORIES 130 **CARBOHYDRATES** 6G
DIETARY FIBER 4G **TOTAL SUGARS**
1G **PROTEIN** 10G **TOTAL FAT** 8G
SATURATED FAT 1G **SODIUM** 175MG

HIGH PROTEIN

Crunchy High-Protein Quinoa Bites**ACTIVE TIME:** 40 min**TOTAL TIME:** 1 hr

These crunchy quinoa bites are packed with puffed quinoa and almond butter, offering a satisfying crunch and a boost of plant-based protein. Similar to popcorn, puffed quinoa has been heated until it pops, creating a light, crispy texture that works perfectly in this healthy snack.

- 3¾ cups unsweetened puffed quinoa**
- ½ cup plus 2 tablespoons smooth almond butter**
- 1¼ cups finely chopped vegan 70% dark chocolate**
- ½ teaspoon flaky sea salt**

1. Line two large rimmed baking sheets with parchment paper. Combine puffed

quinoa and almond butter in a large bowl.

2. Microwave chopped chocolate in a medium microwave-safe bowl on high in 30-second intervals, stirring thoroughly between intervals, until melted and smooth, 1 minute 30 seconds to 2 minutes.

3. Pour the melted chocolate over the puffed quinoa mixture. Using a rubber spatula, stir until thoroughly combined. Using a tablespoon measure or small cookie scoop, spoon rounded tablespoonfuls of the quinoa mixture onto the prepared baking sheets, gently pressing to flatten. Sprinkle evenly with salt. Refrigerate, uncovered, until firm and set, about 20 minutes.

SERVINGS 8 SERVING SIZE 6 BITES
CALORIES 275 CARBOHYDRATES 18G
DIETARY FIBER 5G TOTAL SUGARS 7G
ADDED SUGARS 5G PROTEIN 7G
TOTAL FAT 21G SATURATED FAT 7G SODIUM 201MG







DINNER WINNERS

From crispy tofu to savory steak, these easy mains work for the busiest weeknights.

LOW CARB | HIGH PROTEIN

Creamy Skillet Chicken with Everything Bagel Spice & Spinach

ACTIVE TIME: 25 min

TOTAL TIME: 25 min

This cozy skillet dinner combines two favorites—chicken cutlets and everything bagel spice—and it's ready in less than 30 minutes. This meal includes a healthy portion of spinach, and a creamy sauce makes it perfect for serving over pasta or grains.

- 1 pound chicken cutlets
- 1¼ teaspoons everything bagel seasoning, divided
- 2 tablespoons extra-virgin olive oil, divided
- 1 cup halved and sliced onion
- 1 tablespoon water
- 3 cups coarsely chopped spinach
- ⅓ cup white wine or low-sodium chicken broth
- ¼ cup sour cream
- 2 ounces cream cheese, cut into small pieces

1. Sprinkle both sides of chicken with ¾ teaspoon everything bagel seasoning. Heat 1 tablespoon oil in a large skillet over medium heat. Add the chicken; cook, turning once, until browned and just cooked through, 6 to 8 minutes total. Transfer to a plate.

2. Add the remaining 1 tablespoon oil, onion and water to the pan. Cook, stirring, until mostly softened, about 3 minutes. Add spinach; cook, stirring, until wilted, about 1 minute. Whisk wine (or broth), sour cream and the remaining ½ teaspoon everything bagel seasoning together in a glass measuring cup. Add to the pan along with the cream cheese, stirring until melted and heated through, 3 to 5 minutes. Return the chicken and any accumulated juices to the pan and turn to coat.

SERVINGS 4 **SERVING SIZE** 1 CUTLET & ¼ CUP SAUCE **CALORIES** 321
CARBOHYDRATES 6G **DIETARY FIBER** 2G
TOTAL SUGARS 2G **PROTEIN** 28G
TOTAL FAT 18G **SATURATED FAT** 6G
SODIUM 235MG



HIGH PROTEIN

Cajun-Spiced Tofu Tostadas with Beet Crema

ACTIVE TIME: 25 min

TOTAL TIME: 35 min

Crumbled tofu spiced up with Cajun seasoning is layered onto these tostadas with a juicy mango slaw. A dollop of sour cream zhuzhed up with beet and lime adds even more flavor. Look for precooked beets in the produce department of your grocery store.

- 8 medium corn tortillas
- 2 tablespoons avocado oil, divided
- 3 cups shredded cabbage
- ½ medium mango, julienned
- 2 tablespoons lime juice, divided

- 1 tablespoon chopped fresh cilantro
- ¾ teaspoon salt, divided
- 1 small cooked beet, shredded
- ½ cup sour cream
- 1 small clove garlic, grated
- 1 (14 to 16 ounce) package extra-firm tofu, drained, crumbled and patted dry
- 2 tablespoons salt-free Cajun seasoning
- 1 medium avocado, diced

1. Position a rack in upper third of oven; preheat to 400°F.
2. Brush both sides of tortillas with 1 tablespoon oil and arrange on a baking sheet. (It's fine if they overlap a bit; they will shrink as they cook.) Bake, turning once halfway, until browned and very crisp, 10 to 12 minutes. Transfer to a wire rack and let cool.
3. Meanwhile, toss cabbage,

mango, 1 tablespoon lime juice, cilantro and ¼ teaspoon salt in a medium bowl. Combine beet, sour cream, garlic, the remaining 1 tablespoon lime juice and ¼ teaspoon salt in a small bowl.

4. Heat the remaining 1 tablespoon oil in a large cast-iron skillet over medium-high heat. Add tofu, Cajun seasoning and the remaining ¼ teaspoon salt. Cook, stirring occasionally, until nicely browned, 8 to 10 minutes.

5. Top the tostadas with the tofu, slaw, beet crema and avocado.

SERVINGS 4 **SERVING SIZE** 2 TOSTADAS
CALORIES 432 **CARBOHYDRATES** 41G
DIETARY FIBER 10G **TOTAL SUGARS** 11G
PROTEIN 16G **TOTAL FAT** 25G
SATURATED FAT 5G **SODIUM** 496MG

LOW CARB | HIGH PROTEIN

5-Ingredient Miso-Glazed Salmon**ACTIVE TIME:** 10 min**TOTAL TIME:** 15 min

This dish is quick but jam-packed with flavor, thanks to red miso, which has a stronger, more distinct flavor than sweet miso. You can easily double the recipe when serving guests without tacking on additional time. Serve with steamed broccolini and a side of brown rice.

- 1½ tablespoons red miso
- 1 tablespoon lime juice, plus wedges for serving
- 2 teaspoons lower-sodium soy sauce
- 1 teaspoon ground pepper
- 1 teaspoon honey
- 4 (5 ounce) skin-on salmon fillets, patted dry
- ¼ cup thinly sliced scallions (optional)

- 1.** Preheat oven to broil with rack about 7 inches from heat source. Line a large rimmed baking sheet with foil; lightly coat the foil with cooking spray.
- 2.** Whisk miso, lime juice, soy

sauce, pepper and honey together in a small bowl. Place fillets on the prepared baking sheet. Spoon the miso mixture evenly on top of each fillet.

- 3.** Broil the fillets until they flake easily with a fork, 5 to 7 minutes. Sprinkle with scallions, if desired. Serve with lime wedges, if desired.

SERVINGS 4 **SERVING SIZE** 1 FILLET
CALORIES 223 **CARBOHYDRATES** 4G
DIETARY FIBER 1G **TOTAL SUGARS** 2G
PROTEIN 29G **TOTAL FAT** 9G
SATURATED FAT 1G **SODIUM** 437MG





HIGH PROTEIN

Buttermilk Fried Tofu with Smoky Collard Greens

ACTIVE TIME: 25 min

TOTAL TIME: 25 min

Dipping tofu in buttermilk makes the coating stick for a crispy pan-fried tofu, reminiscent of fried chicken. Spicing up the collards with paprika coats them with smoky flavor while keeping the dish vegetarian. And this quick, easy and healthy dinner comes together in just 25 minutes, so it's great for busy weeknights.

- 6 tablespoons neutral oil, such as canola or avocado, divided
- 1 (1 pound) package chopped collard greens
- $\frac{1}{2}$ cup water
- 1 tablespoon cider vinegar

- $\frac{1}{2}$ teaspoon smoked paprika
- $\frac{3}{4}$ teaspoon salt, divided
- 1 (14 to 16 ounce) package extra-firm tofu, drained
- 1 cup buttermilk
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{4}$ teaspoon cayenne pepper
- 1 cup whole-wheat panko
- Hot (spicy) honey for serving (optional)

- 1.** Heat 1 tablespoon oil in a large pot over medium heat. Add collard greens and water; cover and cook, stirring occasionally, until soft and wilted, about 8 minutes. Remove from heat and stir in vinegar, paprika and $\frac{1}{2}$ teaspoon salt. Cover to keep warm.
- 2.** Meanwhile, cut tofu crosswise into 8 equal pieces. Blot with paper towels to remove excess water. Whisk buttermilk, garlic powder, onion powder and

cayenne in a 7x11-inch baking dish. Add the tofu and turn to coat. Let stand, turning once, for 5 minutes.

3. Place panko on a plate. Dredge the tofu in the panko, coating both sides.

4. Heat 3 tablespoons oil in a large nonstick skillet over medium-high heat. Add the tofu and cook until brown and crispy on one side, 4 to 5 minutes. Turn the tofu over and drizzle in the remaining 2 tablespoons oil. Cook until browned on the other side, about 4 minutes more.

5. Sprinkle the tofu with the remaining $\frac{1}{4}$ teaspoon salt and serve with the collards and hot honey, if desired.

SERVINGS 4 **SERVING SIZE** 2 PIECES TOFU & 1 CUP COLLARD GREENS
CALORIES 366 **CARBOHYDRATES** 20G
DIETARY FIBER 7G **TOTAL SUGARS** 2G
PROTEIN 17G **TOTAL FAT** 27G
SATURATED FAT 3G **SODIUM** 518MG



LOW CARB | HIGH PROTEIN

Garlicky Grilled Steak & Kale Salad

ACTIVE TIME: 35 min

TOTAL TIME: 35 min

A bright lemon, garlic and tarragon vinaigrette coats this salad topped with grilled steak. Since the grill is already fired up, we throw on some bread for home-made croutons.

- 2 tablespoons lemon juice
- 2 tablespoons white-wine vinegar
- 1 teaspoon Dijon mustard
- 2 cloves garlic, grated, plus 1 clove, halved
- 1 tablespoon finely chopped fresh tarragon
- ¼ teaspoon salt, divided
- Pinch crushed red pepper

- 5 tablespoons extra-virgin olive oil, divided
- 8 ounces baby kale (16 cups)
- ½ cup thinly sliced red onion, rinsed
- ⅓ cup chopped pitted olives
- ¼ cup crumbled feta cheese
- 1 pound skirt or flank steak, trimmed
- 4 slices whole-wheat country bread

1. Preheat grill to medium-high.
2. Whisk lemon juice, vinegar, mustard, grated garlic, tarragon, ⅓ teaspoon salt and crushed red pepper in a large bowl. Slowly whisk in 4 tablespoons oil. Transfer 2 tablespoons of the dressing to a small bowl. Add kale, onion, olives and feta to the large bowl and toss to coat.
3. Brush steak with the remaining 1 tablespoon oil and grill, flipping once, until an instant-read

thermometer inserted into the thickest part registers 125°F for medium rare, 6 to 12 minutes. Transfer to a clean cutting board and let rest for 10 minutes. Grill bread until golden brown, 45 to 60 seconds per side. Rub halved garlic clove on both sides of the bread. Coarsely chop the bread.

4. Add the croutons to the salad and toss to coat. Thinly slice the steak against the grain and sprinkle with the remaining ⅓ teaspoon salt. Top the salad with the steak and drizzle with the reserved 2 tablespoons dressing.

SERVINGS 4 **SERVING SIZE** 3 OZ. STEAK & 2 CUPS SALAD **CALORIES** 470
CARBOHYDRATES 14G **DIETARY FIBER** 4G
TOTAL SUGARS 2G **PROTEIN** 30G
TOTAL FAT 32G **SATURATED FAT** 8G
SODIUM 695MG



LOW CARB | HIGH PROTEIN

Grilled Peach & Brie Smothered Chicken

ACTIVE TIME: 20 min

TOTAL TIME: 20 min

This super-fast and healthy smothered chicken tastes best on the deck with a lovely chilled summer beverage.

- 1 pound chicken cutlets
- ½ teaspoon ground pepper, divided
- ¼ teaspoon salt plus ⅛ teaspoon, divided
- 1 medium firm ripe peach, halved
- 4 ounces Brie cheese, sliced

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons white balsamic vinegar
- 2 tablespoons fresh tarragon leaves, plus more for garnish
- 1 (5 ounce) package baby arugula

1. Preheat grill to medium-high.
2. Sprinkle chicken with ¼ teaspoon each pepper and salt.
3. Oil the grill rack. Grill peach halves, cut-side down, until lightly charred, 4 to 5 minutes. Transfer to a cutting board and slice. Grill the chicken until an instant-read thermometer inserted in the thickest part registers 160°F, 3 to 5 minutes. Flip and top the

chicken with the peach slices and cheese. Grill until an instant-read thermometer inserted in the thickest part registers 165°F and the cheese is melted, 1 to 2 minutes more.

4. Whisk oil, vinegar, tarragon and the remaining ¼ teaspoon pepper and ⅛ teaspoon salt in a large bowl. Add arugula and toss to coat. Serve the chicken on top of the arugula. Garnish with more tarragon, if desired.

SERVINGS 4 SERVING SIZE 3 OZ. CHICKEN & 1½ CUPS SALAD CALORIES 342 CARBOHYDRATES 7G DIETARY FIBER 1G TOTAL SUGARS 5G PROTEIN 33G TOTAL FAT 20G SATURATED FAT 6G SODIUM 481MG

LOW CARB | HIGH PROTEIN

Kimchi Jjigae**ACTIVE TIME:** 45 min**TOTAL TIME:** 45 min

Kimchi jjigae (stew) is one of the most beloved jjigaes in Korea. This comforting one-pot dish is best when made with older, well-fermented kimchi. While anchovy broth is traditional, you can swap it for reduced-sodium chicken broth, beef broth, vegetable broth or even water (as long as your kimchi is flavorful). Feel free to add some pork belly for a classic spin on this recipe.

Broth

4–5 medium or large dried anchovies

3 cups water

1 small piece dashima (dried kelp; optional)

Stew

2 cups packed fully fermented napa cabbage kimchi

1 tablespoon sesame oil or neutral cooking oil

1–3 teaspoons gochugaru

1 clove garlic

6 ounces medium-firm tofu, sliced into ½-inch thick slabs

2 scallions, roughly chopped

Pinch of salt (optional)

Ground pepper to taste

1. To prepare broth: Clean anchovies by opening the belly of each one and scraping the guts out (leave the heads on). Place the cleaned anchovies in a medium pot. Add water and dried kelp (if using); bring to a boil. Reduce heat to medium-high and boil, uncovered, for 10 minutes. Remove and discard the anchovies (and kelp, if using). Transfer the broth to a bowl. Wipe out the pot.

2. To prepare stew: Chop kimchi into bite-size pieces. Reserve ½ cup juice from the kimchi, if available. Heat oil in the pot over medium-high heat. Add the kimchi, gochugaru to taste and garlic. Cook, stirring, until the kimchi is softened and translucent, about 5 minutes.

3. Add the anchovy broth and any reserved kimchi juice; bring to a boil. Reduce heat to medium, cover and simmer for about 15 minutes.

4. Add tofu and scallions; cook until the tofu is heated through, about 5 minutes. Season with salt, if desired, and pepper to taste. Serve bubbling hot with a bowl of rice.

SERVINGS 2 **SERVING SIZE** ABOUT 2 CUPS**CALORIES** 201 **CARBOHYDRATES** 9G**DIETARY FIBER** 4G **TOTAL SUGARS** 4G**PROTEIN** 17G **TOTAL FAT** 12G **SATURATED****FAT** 2G **SODIUM** 958MG



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LOW CARB | HIGH PROTEIN

Easy Shrimp Scampi with Zucchini Noodles

ACTIVE TIME: 15 min

TOTAL TIME: 15 min

Enjoy classic shrimp scampi lightened up with zucchini noodles in place of pasta. The tomatoes add sweetness and color, while the cheese contributes nuttiness and richness.

- 2 tablespoons unsalted butter
- 3 tablespoons extra-virgin olive oil, divided
- 1 medium shallot, finely chopped (about $\frac{1}{4}$ cup)
- 2 medium garlic cloves, finely chopped
- 2 tablespoons white wine
- 2 tablespoons unsalted chicken stock
- 1 pound large shrimp, peeled and deveined
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{3}{8}$ teaspoon kosher salt, divided
- 1 cup multicolored cherry tomatoes, halved
- 6 cups spiralized zucchini (from two 10.7-ounce packages)
- 4 tablespoons grated Parmesan cheese, divided
- 2 tablespoons chopped fresh flat-leaf parsley

1. Heat butter and 1 tablespoon of the oil in a large skillet over medium-high until butter melts, about 1 minute. Add shallot;

cook, stirring occasionally, until softened, about 3 minutes. Add garlic; cook, stirring constantly, 1 minute. Add wine and stock; cook, undisturbed, until liquid reduces by half, about 2 minutes. Add shrimp, pepper and $\frac{1}{2}$ teaspoon of the salt; cook until shrimp are just cooked through, about 3 minutes, turning shrimp once halfway through cook time. Transfer shrimp to a plate and set aside. Reserve shallot sauce in skillet.

2. Add tomatoes and the remaining 2 tablespoons oil to skillet. Cook over medium-high, undisturbed, until tomatoes just soften, about 1 minute. Add zucchini and remaining $\frac{3}{8}$ teaspoon salt; toss to combine. Return shrimp to skillet; cook, stirring constantly until mixture is heated through, about 1 minute. Remove from heat; add 2 tablespoons of the Parmesan and toss to combine.

3. Divide mixture evenly among four bowls; sprinkle with parsley and remaining 2 tablespoons Parmesan. Serve immediately.

SERVINGS 4 **SERVING SIZE** $1\frac{1}{2}$ CUPS
CALORIES 349 **CARBOHYDRATES** 6G
DIETARY FIBER 1G **TOTAL SUGARS** 3G
PROTEIN 19G **TOTAL FAT** 27G
SATURATED FAT 7G **SODIUM** 620MG

LOW CARB | HIGH PROTEIN

Air-Fryer Stuffed Chiles with Pork**ACTIVE TIME:** 25 min**TOTAL TIME:** 30 min

These hearty stuffed chiles are packed with a savory filling made from pork, zucchini and black beans. Once stuffed, the chiles are delicate, so use caution when transferring to the air-fryer basket. A crumble of cotija cheese finishes this satisfying main dish.

- 4 poblano peppers
- Cooking spray
- 8 ounces lean ground pork
- $\frac{3}{4}$ cup diced zucchini
- $\frac{1}{2}$ cup chopped white onion
- $\frac{1}{2}$ cup rinsed canned black beans
- 1 tablespoon chili powder
- $\frac{1}{2}$ teaspoon garlic powder

- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper
- $\frac{1}{2}$ cup sour cream
- $\frac{1}{4}$ cup chopped fresh cilantro, plus more for garnish
- $\frac{1}{2}$ cup crumbled cotija cheese
- Tortilla chips and salsa verde for serving (optional)

1. Lightly coat poblanos with cooking spray. Arrange in a single layer in the basket of a 6-quart air fryer. Cook at 400°F, flipping once, until the skins are charred, about 10 to 12 minutes. Transfer to a bowl, cover with plastic wrap and let steam for 10 minutes.

2. Meanwhile, cook pork, zucchini and onion in a large skillet over medium heat, stirring and breaking up the pork with a wooden spoon, until the pork is cooked through and the zucchini is tender, 5 to 8 minutes.

3. Add black beans, chili powder,

garlic powder, salt and pepper; cook, stirring, for about 2 minutes. Remove from heat and stir in sour cream and cilantro.

4. Carefully peel the skin from the peppers and cut a slit, lengthwise, down one side of each pepper; remove and discard seeds.

5. Gently stuff the peppers with the pork mixture. Carefully arrange the peppers in the air-fryer basket (they'll be delicate). Cook at 400°F until heated through, about 5 minutes.

6. Top the stuffed chiles with cotija. Sprinkle with additional cilantro, if desired. Serve with chips and salsa, if desired.

SERVINGS 4 SERVING SIZE 1 STUFFED CHILE
CALORIES 228 CARBOHYDRATES 14G
DIETARY FIBER 4G TOTAL SUGARS 5G
PROTEIN 19G TOTAL FAT 12G SATURATED FAT 6G SODIUM 632MG





LOW CARB | HIGH PROTEIN

Grilled Flank Steak with Tomato Salad

ACTIVE TIME: 10 min

TOTAL TIME: 20 min

Cutting the steak immediately after cooking breaks all the rules on meat cookery, but in this recipe we do it intentionally in order to capture the juices and drizzle them over the steak. Serve this with crusty bread to soak up the deliciousness.

- 1 pint grape tomatoes, halved
- $\frac{1}{2}$ cup chopped fresh cilantro
- $\frac{1}{3}$ cup extra-virgin olive oil

- 1 small jalapeño pepper, seeded and sliced
- 2 teaspoons finely chopped garlic
- $\frac{1}{2}$ teaspoon salt, divided
- 1 (16 ounce) flank steak
- $\frac{1}{2}$ teaspoon ground pepper

1. Preheat grill to medium-high or heat a grill pan over medium-high heat.

2. Combine tomatoes, cilantro, oil, jalapeño, garlic and $\frac{1}{4}$ teaspoon salt in a medium bowl; set aside.

3. Season steak with the remaining $\frac{1}{4}$ teaspoon salt and pepper. Grill until an instant-read thermometer inserted in the center reads 125°F for medium-rare, 3 to

5 minutes per side.

4. Transfer the steak to a clean cutting board, preferably one with grooves for collecting juices, and thinly slice across the grain. Divide the slices among 4 plates. Drizzle any juices that have accumulated on the cutting board over the steak and top with the tomato salad.

SERVINGS 4 SERVING SIZE 3 OZ. STEAK & $\frac{1}{2}$ CUP SALAD CALORIES 346
CARBOHYDRATES 4G DIETARY FIBER 1G TOTAL SUGARS 2G PROTEIN 25G
TOTAL FAT 25G SATURATED FAT 5G SODIUM 358MG

HIGH PROTEIN

Green Salad with Edamame & Beets

ACTIVE TIME: 15 min

TOTAL TIME: 15 min

This big salad is a feast for the eyes and an everyday way to incorporate nutrient-rich beets and plant-based protein from edamame. If you're not a fan of cilantro, mix in freshly chopped basil or dill instead.

- 2 cups mixed salad greens
- 1 cup shelled edamame, thawed
- ½ medium raw beet, peeled and shredded (about ½ cup)
- 2 tablespoons red-wine vinegar

- 1 tablespoon chopped fresh cilantro
- 1 tablespoon extra-virgin olive oil
- ⅛ teaspoon salt
- Freshly ground pepper to taste

Arrange greens, edamame and beet on a large plate. Whisk vinegar, cilantro, oil, salt and pepper in a small bowl. Drizzle 1 tablespoon of the dressing over the greens and toss gently to coat. Drizzle the remaining dressing over the entire salad.

SERVINGS 1 SERVING SIZE ABOUT 4 CUPS SALAD CALORIES 356 CARBOHYDRATES 21G DIETARY FIBER 11G TOTAL SUGARS 7G PROTEIN 21G TOTAL FAT 26G SATURATED FAT 3G SODIUM 263MG



LOW CARB

Eggplant Pizzas

ACTIVE TIME: 15 min

TOTAL TIME: 40 min

These eggplant pizzas have all the classic flavors of a real pizza without all the carbs. Opt for spicy Italian sausage if you like the heat! Serve with a green salad on the side to complete the meal.

- 1 pound eggplant, unpeeled, cut crosswise into ½-inch-thick slices
- ⅛ teaspoon kosher salt



- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon ground pepper
- 2½ ounces mild or hot Italian turkey sausage, casing removed
- 1 cup sliced fresh cremini mushrooms
- ⅓ cup reduced-sodium marinara sauce
- 1 cup shredded part-skim mozzarella cheese
- 2 tablespoons chopped fresh basil or small basil leaves

1. Preheat oven to 375°F. Sprinkle eggplant slices with salt; place on

a paper-towel-lined plate and let stand for 10 minutes. Pat with a paper towel to remove excess moisture. Brush both sides with oil and sprinkle with pepper. Place in a single layer on a parchment-paper-lined rimmed baking sheet. Bake until tender and lightly browned, 18 to 20 minutes. Remove from oven. Increase oven temperature to broil with rack about 6 inches from heat.

2. Meanwhile, heat a medium nonstick skillet over medium-high. Add sausage and mushrooms and cook, stirring often, until the sausage is no longer pink

and the mushrooms are tender and browned, about 6 minutes. Set aside.

3. Spread marinara evenly over the eggplant slices (1½ to 2 teaspoons each). Divide the sausage mixture evenly among the slices and sprinkle evenly with cheese. Broil until the cheese is melted and browned, about 3 minutes. Sprinkle with basil and serve immediately.

SERVINGS 4 SERVING SIZE 3 PIZZAS
CALORIES 214 CARBOHYDRATES 11G
DIETARY FIBER 4G TOTAL SUGARS 6G
PROTEIN 12G TOTAL FAT 14G
SATURATED FAT 5G SODIUM 453MG



HIGH PROTEIN

Crispy Pea Fritter Salad

ACTIVE TIME: 35 min

TOTAL TIME: 35 min

We mashed together peas, fresh mint and lemon zest with bread-crumbs to make small pan-fried cakes perfect for topping a salad.

- 1 cup sugar snap peas, trimmed and thinly sliced
- $\frac{3}{4}$ cup low-fat plain strained yogurt
- 2 tablespoons crumbled feta cheese plus $\frac{1}{4}$ cup, divided
- 2 tablespoons chopped fresh dill
- Zest and juice of 1 lemon, divided, plus more zest for garnish
- $\frac{3}{4}$ teaspoon salt, divided
- $\frac{1}{2}$ teaspoon ground pepper, divided
- 1 (10 ounce) package frozen peas, thawed

- 2 large eggs, lightly beaten
- $\frac{3}{4}$ cup panko breadcrumbs
- 3 tablespoons all-purpose flour
- 2 tablespoons chopped fresh mint, plus $\frac{1}{4}$ cup leaves
- 1 clove garlic, grated
- $\frac{1}{4}$ cup extra-virgin olive oil
- 8 cups mixed greens and/or pea shoots
- 1 cup thinly sliced cucumber
- 1 cup thinly sliced radishes

1. Mix snap peas, yogurt, 2 tablespoons feta, dill, lemon juice and $\frac{1}{4}$ teaspoon each salt and pepper in a medium bowl. Set aside.
2. Coarsely mash thawed peas in a medium bowl. Mash and stir in eggs, breadcrumbs, flour, chopped mint, garlic, lemon zest and $\frac{1}{4}$ teaspoon each salt and pepper.
3. Heat oil in a large nonstick skillet over medium-high heat. Using

$\frac{1}{4}$ cup of the pea mixture for each, shape four 3-inch-wide fritters and transfer to the pan. Cook until crispy, adjusting heat if necessary to prevent burning, about 3 minutes per side. Transfer the fritters to a paper-towel-lined plate and sprinkle with $\frac{1}{8}$ teaspoon salt. Repeat with the remaining pea mixture and $\frac{1}{8}$ teaspoon salt.

4. Combine greens (and/or pea shoots), cucumber, radishes and mint leaves in a large bowl. Add $\frac{1}{2}$ cup of the reserved sauce and toss to coat. Top the salad with the remaining $\frac{1}{4}$ cup feta and the fritters. Serve with the remaining sauce and garnish with lemon zest, if desired.

SERVINGS 4 SERVING SIZE 2 CUPS
SALAD, 2 FRITTERS & 2 TBSP. SAUCE
CALORIES 413 CARBOHYDRATES 37G
DIETARY FIBER 7G TOTAL SUGARS 8G
PROTEIN 18G TOTAL FAT 22G
SATURATED FAT 6G SODIUM 739MG

LOW CARB | HIGH PROTEIN

Jerk-Marinated Chicken Drumsticks with Cabbage Slaw**ACTIVE TIME:** 20 min**TOTAL TIME:** 2 hr 40 min

The marinade is the star of the show in this recipe. It's made with soy sauce, ginger, lime, cinnamon and habanero peppers to create oven-baked drumsticks that are delightfully savory but have a spicy kick. A simple cabbage slaw, which comes together in minutes, is the perfect accompaniment.

Chicken

- 1¼ cups reduced-sodium soy sauce
- ¾ cup orange juice
- ⅔ cup lime juice
- 1 bunch scallions, trimmed and finely chopped
- 1 small white onion, chopped
- 1 habanero or Scotch bonnet pepper, chopped
- 1 (1½ inch) piece fresh ginger, sliced
- 2 cloves garlic, chopped
- 1 tablespoon canola oil
- ½ teaspoon ground allspice
- ½ teaspoon dried thyme
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon paprika
- 8 chicken drumsticks

Slaw

- 3 tablespoons white vinegar
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon granulated sugar
- ½ teaspoon celery seed
- ½ teaspoon kosher salt
- ¼ teaspoon ground pepper
- 1 (12 to 14 ounce) bag coleslaw mix

1. To prepare chicken: Whisk soy sauce, orange juice, lime juice, scallions, onion, habanero (or Scotch bonnet), ginger, garlic, canola oil, allspice, thyme, cinnamon, nutmeg and paprika in a shallow nonreactive baking dish. Add chicken; marinate in the refrigerator for at least 2 hours and up to 12 hours.

2. Preheat oven to 475°F and line a large rimmed baking sheet with parchment paper. Remove the chicken from the marinade (discard the marinade). Arrange the chicken on the prepared baking

sheet. Bake, basting occasionally with pan juices, until nicely browned and crisped and an instant-read thermometer inserted in the thickest part registers 165°F, about 25 minutes.

3. Prepare slaw: Whisk vinegar, olive oil, sugar, celery seed, salt and pepper in a large bowl. Add slaw mix and toss to coat.

Refrigerate until ready to eat to let the flavors meld.

4. Serve the drumsticks with slaw.

SERVINGS 4 **SERVING SIZE** 2 DRUMSTICKS & 1½ CUPS SLAW **CALORIES** 376
CARBOHYDRATES 9G **DIETARY FIBER** 2G
TOTAL SUGARS 5G **PROTEIN** 49G
TOTAL FAT 15G **SATURATED FAT** 4G
SODIUM 750MG



LOW CARB | HIGH PROTEIN

Turkey Meatballs with Green Beans & Cherry Tomatoes

ACTIVE TIME: 25 min

TOTAL TIME: 35 min

The flavor of the meatballs is enhanced by Asiago and prosciutto. We love keeping this turkey meatball recipe on hand for meal prep, since the meatballs can be used in sandwiches, salads, pasta and more.

Cooking spray

¼ cup dry breadcrumbs

¼ cup whole milk

2 large eggs, lightly beaten

1½ ounces Asiago cheese, finely shredded (about ¾ cup)

1¼ ounces sliced prosciutto, finely chopped

¼ cup finely chopped yellow onions

¼ cup chopped fresh flat-leaf parsley, plus more for garnish

1 teaspoon kosher salt, divided

¾ teaspoon black pepper, divided

1 pound 93% lean ground turkey

12 ounces haricots verts (French green beans), trimmed

3 tablespoons olive oil, divided

2 cups multicolored cherry tomatoes

2 tablespoons shaved Asiago cheese

1. Preheat oven to high broil with rack positioned 6 inches from heat source. Coat a baking sheet with cooking spray. Stir together breadcrumbs and milk in a small bowl. Stir together eggs, shredded Asiago, prosciutto, onion, parsley and

½ teaspoon each of the salt and pepper in a large bowl until combined. Add breadcrumb-milk mixture and turkey; mix gently, using hands, until combined. Shape into 24 meatballs. Arrange meatballs spaced 1 inch apart on half of prepared baking sheet.

2. Toss together green beans, 1 tablespoon of the oil, ¼ teaspoon of the salt and remaining ¼ teaspoon pepper in a large bowl. Spread in an even layer on unused half of baking sheet with meatballs.

3. Toss together tomatoes, 1 tablespoon of the oil and remaining ¼ teaspoon salt in a medium bowl. Coat a separate baking sheet with cooking spray; spread tomatoes in an even layer on baking sheet.

4. Place baking sheets side by side in preheated oven. Broil until tomatoes are browned and have burst, about 5 minutes. Remove tomatoes from oven. Continue broiling meatballs and green beans until meatballs are browned and cooked through, about 7 minutes. Remove from oven.

5. Transfer tomatoes (along with any tomato juices on baking sheet) to a bowl; add remaining 1 tablespoon oil and stir gently to combine. To serve, arrange 1½ cups green beans and four meatballs on each of six plates. Spoon tomatoes evenly over green beans; drizzle tomato juices in bowl over meatballs. Sprinkle evenly with shaved Asiago and garnish with parsley.

SERVINGS 6 SERVING SIZE 4

MEATBALLS, 1½ CUPS GREEN BEANS, ¼ CUP TOMATO MIXTURE **CALORIES 354**

CARBOHYDRATES 14G DIETARY FIBER

3G TOTAL SUGARS 4G PROTEIN 24G

TOTAL FAT 23G SATURATED FAT 6G

SODIUM 701MG







LOW CARB | HIGH PROTEIN

Lemon-Garlic Steak & Green Beans**ACTIVE TIME:** 20 min**TOTAL TIME:** 20 min

For meat that's deliciously tender, flavorful and not too fatty, we reach for strip (also known as New York strip or shell steak). It has less than half the saturated fat of a rib eye but is more tender than leaner sirloin. Here, we cook green beans in the same pan used to sear the spiced steak. All those delicious drippings add richness to the beans—plus there's one less pan to wash!

1 tablespoon neutral oil, such as canola or avocado

3 cloves garlic, grated, divided
1 teaspoon paprika
½ teaspoon chili powder
½ teaspoon salt, divided
1 pound boneless strip steak, trimmed
2 tablespoons lemon juice
2 tablespoons water
1 pound green beans, trimmed

1. Combine oil, half the garlic, paprika, chili powder and ¼ teaspoon salt in a small bowl. Rub the mixture on steak. Heat a large skillet over medium heat. Add the steak and cook, flipping occasionally and adjusting the heat as necessary to prevent smoking, until an instant-read thermometer inserted in the

thickest part registers 135°F for medium rare, 10 to 12 minutes. Transfer to a clean cutting board and let rest.

2. Add lemon juice and water to the pan and scrape up any browned bits. Stir in green beans, the remaining garlic and ¼ teaspoon salt. Cover and cook until the beans are tender-crisp, about 5 minutes more.

3. Slice the steak against the grain and serve with the green beans.

SERVINGS 4 SERVING SIZE 3 OZ. STEAK & ¾ CUP GREEN BEANS **CALORIES 215**
CARBOHYDRATES 10G DIETARY FIBER 3G **TOTAL SUGARS 4G PROTEIN 24G** **TOTAL FAT 9G SATURATED FAT 2G** **SODIUM 354MG**

LOW CARB

Mushroom & Tofu Stir-Fry

ACTIVE TIME: 20 min

TOTAL TIME: 20 min

This stir-fry is quick and easy, making it a great go-to week-night meal. Baked tofu has a firm, toothsome texture that crisps well in a hot pan. You can find it in flavors like teriyaki and sesame, both of which are delicious here. Or opt for a smoked version, which has the same texture with a more robust flavor. Serve the stir-fry over brown rice.

- 4 tablespoons peanut oil or neutral oil, such as canola or avocado, divided
- 1 pound mixed mushrooms, sliced
- 1 medium red bell pepper, diced

- 1 bunch scallions, trimmed and cut into 2-inch pieces
- 1 tablespoon grated fresh ginger
- 1 large clove garlic, grated
- 1 (8 ounce) container baked tofu or smoked tofu, diced
- 3 tablespoons oyster sauce or vegetarian oyster sauce

1. Heat 2 tablespoons oil in a large flat-bottom wok or cast-iron skillet over high heat. Add mushrooms and bell pepper; cook, stirring occasionally, until soft, about 4 minutes. Stir in scallions, ginger and garlic; cook for 30 seconds more. Transfer the vegetables to a bowl.

2. Add the remaining 2 tablespoons oil and tofu to the pan. Cook, turning once, until browned, 3 to 4 minutes. Stir in the vegetables and oyster sauce. Cook, stirring, until hot, about 1 minute.

SERVINGS 5 **SERVING SIZE** 1¼ CUPS
CALORIES 171 **CARBOHYDRATES** 9G
DIETARY FIBER 2G **TOTAL SUGARS** 4G
PROTEIN 8G **TOTAL FAT** 13G
SATURATED FAT 2G **SODIUM** 309MG



LOW CARB | HIGH PROTEIN

Sheet Pan Shrimp & Asparagus**ACTIVE TIME:** 10 min**TOTAL TIME:** 25 min

This is a complete meal all on one pan. The shrimp and asparagus cook perfectly together. Crushed red pepper adds a dash of heat, while lime juice brightens the dish.

- 2 tablespoons unsalted butter, melted
- 2 tablespoons extra-virgin olive oil
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon crushed red pepper, plus more for garnish
- 3 tablespoons lime juice, divided
- 1 pound fresh asparagus, trimmed
- 1 pound large raw shrimp, peeled and deveined
- 2 teaspoons toasted sesame oil
- Chopped fresh cilantro for garnish

1. Preheat oven to 400°F.

Line a large rimmed baking sheet with foil and coat the foil with cooking spray.

2. Whisk butter, olive oil, salt, crushed red pepper and 2 tablespoons lime juice together in a small bowl. Arrange asparagus and shrimp in an even layer on the prepared baking sheet. Drizzle with the butter mixture and toss to coat.**3.** Bake until the asparagus is tender-crisp and the shrimp are cooked through, 10 to 12 minutes. Drizzle the asparagus and shrimp evenly with sesame oil and the remaining 1 tablespoon lime juice. Garnish with crushed red pepper and/or cilantro, if desired.**SERVINGS** 4 **SERVING SIZE** ABOUT 5

ASPARAGUS SPEARS & 8 SHRIMP

CALORIES 238 **CARBOHYDRATES** 7G**DIETARY FIBER** 2G **TOTAL SUGARS** 2G**PROTEIN** 18G **TOTAL FAT** 16G**SATURATED FAT** 5G **SODIUM** 462MG

LOW CARB

Vegetarian Lettuce Wraps**ACTIVE TIME:** 40 min**TOTAL TIME:** 40 min

Stuff crisp lettuce leaves with a savory filling inspired by P.F. Chang's famous lettuce wraps. These low-carb wraps, made with tofu, mushrooms and daikon radish, are an easy vegetarian dinner. Add julienned carrots to the wraps for a bonus crunch.

- 3 tablespoons rice vinegar
- 2 tablespoons hoisin sauce



2 tablespoons reduced-sodium soy sauce
 1 teaspoon sesame oil
 ¼ teaspoon crushed red pepper
 1 (14 ounce) package extra-firm tofu
 1 tablespoon neutral oil, such as canola or avocado
 8 ounces white mushrooms, finely chopped
 1 cup finely chopped daikon radish
 3 large cloves garlic, minced
 1 tablespoon grated fresh ginger
 4 scallions, sliced

8 large leaves Bibb or iceberg lettuce
 ¼ cup julienned carrots

1. Combine vinegar, hoisin, soy sauce, sesame oil and crushed red pepper in a small bowl; set aside.
2. Cut tofu in half horizontally. Press the tofu slices between paper towels to squeeze out as much liquid as possible. Crumble the tofu. Heat canola or avocado oil in a large nonstick skillet over medium-high heat. Add the crumbled tofu; cook, stirring and breaking into smaller pieces, until starting to brown, about 5 minutes. Add mushrooms; continue

cooking and stirring until any liquid has evaporated, about 3 minutes. Stir in daikon, garlic, ginger and scallions. Add the reserved sauce; cook, stirring, until well combined and heated through, about 2 minutes.
3. Spoon a scant ½ cup tofu mixture into each lettuce leaf. Top with carrots, if desired.

SERVINGS 4 SERVING SIZE 2 LETTUCE WRAPS
CALORIES 178 CARBOHYDRATES 11G
DIETARY FIBER 2G TOTAL SUGARS 5G
PROTEIN 13G TOTAL FAT 11G SATURATED FAT 1G SODIUM 408MG

LOW CARB | HIGH PROTEIN

Stir-Fried Shrimp & Sugar Snap Peas**ACTIVE TIME:** 25 min**TOTAL TIME:** 25 min

This stir-fry has bright flavors from sugar snap peas, garlic and ginger and comes together in less than half an hour for a quick, healthy meal.

- 1/3 cup low-sodium chicken broth
- 1 tablespoon dry sherry
- 2 teaspoons reduced-sodium tamari or soy sauce
- 1 1/2 teaspoons chile-garlic sauce
- 1 teaspoon cornstarch
- 2 tablespoons peanut or other neutral-flavored vegetable oil, divided
- 1 tablespoon minced garlic

- 1 tablespoon minced fresh ginger
- 1 pound raw shrimp (21–25 per pound), peeled, deveined and patted dry
- 2 cups sugar snap peas, trimmed
- 1/2 teaspoon salt
- 2 scallions, thinly sliced

1. Whisk broth, sherry, tamari (or soy sauce), chile-garlic sauce and cornstarch in a small bowl. Set next to the stove.

2. Heat a 14-inch flat-bottomed wok or 12-inch skillet over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in 1 tablespoon oil, then add garlic and ginger and stir-fry until fragrant, about 10 seconds. Push the mixture to the sides and carefully add shrimp, spreading

evenly into one layer. Cook undisturbed for 1 minute. Then stir-fry the shrimp, incorporating the garlic and ginger, until the shrimp just begin to turn pink but are not cooked through, about 30 seconds.

3. Swirl in the remaining 1 tablespoon oil. Add sugar snap peas and salt; stir-fry until just combined, about 30 seconds. Whisk the reserved broth mixture and swirl it into the pan. Stir-fry until the shrimp are just cooked and the sugar snap peas are tender-crisp, 1 to 2 minutes. Sprinkle with scallions.

SERVINGS 4 **SERVING SIZE** 1 CUP
CALORIES 185 **CARBOHYDRATES** 7G
DIETARY FIBER 2G **TOTAL SUGARS** 3G
PROTEIN 22G **TOTAL FAT** 7G
SATURATED FAT 1G **SODIUM** 541MG





LOW CARB | HIGH PROTEIN

Tomato & Squash Pizza with Cauliflower Crust

ACTIVE TIME: 45 mins

TOTAL TIME: 1 hr

The combination of squash, tomatoes and basil gives this pizza a summery-fresh vibe. The cauliflower crust resembles a lower-carb Boboli crust with cruciferous undertones—it's soft and tender but has very nice caramelization. If you can't find cauliflower rice, chop up a pound and a half of florets and process them in the food processor.

- 2 (12 ounce) packages fresh cauliflower rice
- 1 ounce Parmesan cheese, shredded (¼ cup)
- 1 tablespoon cornstarch
- 1 large egg
- 8 ounces mozzarella cheese, shredded (about 2 cups), divided

- 1 tablespoon olive oil
- ½ cup (½-inch-thick) yellow squash slices (from 1 medium squash)
- ½ cup (½-inch-thick) zucchini slices (from 1 medium zucchini)
- 1 cup lower-sodium marinara sauce
- ½ cup cherry tomato halves
- ¼ cup fresh basil leaves
- ¼ teaspoon kosher salt

1. Preheat oven to 400°F. Process cauliflower rice in a food processor until very finely chopped, 15 to 20 seconds. Place mixture in a kitchen towel and squeeze dry. Place in a large bowl with Parmesan, cornstarch, egg and ¾ cup of the mozzarella. Using your hands, combine thoroughly until dough comes together.

2. Press Parmesan mixture into two (8-inch, ½-inch-thick) circles on a parchment paper-lined baking sheet. Bake in preheated

oven until browned and very dry, about 40 minutes. Remove crusts. Increase oven temperature to 450°F.

3. Meanwhile, heat oil in a large skillet over high. Add squash and zucchini and cook, stirring often, until lightly caramelized, about 3 minutes.

4. Spread marinara sauce evenly over pizza crusts leaving a ½-inch border. Top with remaining ¼ cups mozzarella. Top with squash mixture and tomatoes. Bake at 450°F until cheese is melted, about 8 minutes. Sprinkle with basil and salt. Cut each pizza into six slices.

SERVINGS 6 SERVING SIZE 2 SLICES
CALORIES 229 CARBOHYDRATES 13G
DIETARY FIBER 3G TOTAL SUGARS 5G
PROTEIN 15G TOTAL FAT 14G SATURATED
FAT 6G SODIUM 557MG



HIGH PROTEIN

Orange-Ginger Chicken Thighs With Baby Bok Choy

ACTIVE TIME: 40 min

TOTAL TIME: 40 min

Searing the chicken before roasting it at high heat ensures super-crispy skin. Combine that with mandarin oranges, and you've got a dish reminiscent of the fried orange chicken at the mall food court—without the frying.

- 2 pounds bone-in chicken thighs
- ½ teaspoon Chinese five-spice powder
- ¼ teaspoon salt
- 2 teaspoons peanut oil
- 1½ pounds baby bok choy, halved
- 1 (11 ounce) can mandarin oranges in light syrup

- 2 tablespoons reduced-sodium tamari
- 2 tablespoons Shaoxing rice wine or dry sherry, divided
- 2 tablespoons minced shallot
- 1 tablespoon grated garlic
- 1 tablespoon grated fresh ginger
- 1½ teaspoons cornstarch

1. Preheat oven to 450°F.
2. Pat chicken dry and sprinkle with five-spice powder and salt. Heat oil in a large cast-iron or other ovenproof skillet over medium heat. Add the chicken, skin-side down, and cook until the skin is golden brown, 6 to 8 minutes. Turn the chicken over and nestle bok choy into the pan.
3. Transfer to the pan to the oven. Roast until an instant-read thermometer inserted in a thigh without touching bone registers 165°F, about 15 minutes.

4. Meanwhile, add ¼ cup syrup from mandarin oranges to a small saucepan. (Drain the remaining syrup and reserve the oranges.) Add tamari, 1 tablespoon rice wine (or sherry), shallot, garlic and ginger to the pan. Bring to a simmer over medium heat and cook for 3 minutes. Whisk the remaining 1 tablespoon rice wine (or sherry) and cornstarch in a small bowl until smooth, then whisk it into the sauce. Cook, stirring, until the sauce is thickened, about 1 minute. Strain the sauce into a heatproof measuring cup or bowl and stir in the reserved oranges.
5. Serve the chicken and bok choy topped with the sauce.

SERVINGS 4 **SERVING SIZE** 3 OZ.
CHICKEN, 1½ CUPS BOK CHOY & ¼ CUP SAUCE **CALORIES** 299 **CARBOHYDRATES** 18G **DIETARY FIBER** 3G **TOTAL SUGARS** 12G **PROTEIN** 30G **TOTAL FAT** 11G **SATURATED FAT** 3G **SODIUM** 723MG



LOW CARB | HIGH PROTEIN

Pork Tenderloin "Rosa di Parma"

ACTIVE TIME: 25 min

TOTAL TIME: 55 min

It's not unusual to find a Parmigiano-Reggiano-stuffed roasted pork tenderloin like this served at special family celebrations in the Italian province of Parma, but it's often made with beef. This version doubles down on the pork by stuffing it with prosciutto along with the cheese. You can certainly use Italian prosciutto, but consider cured American hams.

- 2 teaspoons finely chopped fresh sage
- 1½ teaspoons minced garlic
- 1 teaspoon finely chopped fresh rosemary
- 1 teaspoon kosher salt
- 1 teaspoon ground pepper
- 2 pork tenderloins (1-1¼ pounds each), trimmed
- 4 thin slices prosciutto
- 1 cup freshly grated Parmigiano-Reggiano cheese
- 3 teaspoons extra-virgin olive oil, divided

1. Combine sage, garlic, rosemary, salt and pepper in a small bowl. Set aside.

2. Preheat oven to 450°F.

3. Double butterfly the tenderloins so they can be flattened, stuffed and rolled. To do that, you'll make two long horizontal cuts, one on each side, dividing the tenderloin in thirds without cutting all the way through. Lay one tenderloin on a cutting board. Holding the knife blade flat so it's parallel to the board, make a lengthwise cut into the side of the tenderloin one-third of the way down from the top, stopping short of the opposite edge so that the flaps remain attached. Rotate the tenderloin 180 degrees. Still holding the knife parallel to the cutting board, make a lengthwise cut into the side opposite the original cut, starting two-thirds of the way down from the top of the tenderloin and taking care not to cut all the way through. Open up the two cuts so you have a large rectangle of meat. Use the heel of your hand to gently flatten the meat to about ½ inch thick. Repeat with the second tenderloin.

4. Cover each butterflied tenderloin with 2 prosciutto slices, then spread ½ cup

Parmigiano-Reggiano over the prosciutto, leaving a 1-inch border. Starting with a long side, roll up each tenderloin so the stuffing is in a spiral pattern, then tie the roasts at 2-inch intervals with kitchen string.

5. Lightly brush the roasts all over with 1½ teaspoons oil, then rub with the reserved herb mixture. Heat the remaining 1½ teaspoons oil in a large, heavy, ovenproof skillet over medium-high heat. Add the roasts, bending to fit if necessary, and cook, turning often, until browned on all sides, 3 to 5 minutes total.

6. Transfer the pan to the oven. Roast, checking often, until an instant-read thermometer inserted into the thickest part registers 145°F, 15 to 20 minutes. Transfer the roasts to a cutting board, tent with foil and let rest for 5 minutes. To serve, remove the string and cut the pork into 1-inch-thick slices.

SERVINGS 10 **SERVING SIZE** 3 OUNCES
CALORIES 175 **CARBOHYDRATES** 1G
DIETARY FIBER 0G **PROTEIN** 26G
TOTAL FAT 7G **SATURATED FAT** 3G
SODIUM 475MG



LOW CARB | HIGH PROTEIN

Lemon-Garlic Baked Cod

ACTIVE TIME: 5 min

TOTAL TIME: 35 min

This super-easy cod is buttery and flaky, with the bright flavors of lemon and garlic bringing it all together. Chopped parsley adds a fresh note.

- 1 lemon
- 4 (5 ounce) cod fillets
(about 1 inch thick)
- $\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon ground pepper

$\frac{1}{4}$ teaspoon garlic powder

2 cloves garlic, grated

$\frac{1}{4}$ cup extra-virgin olive oil

1 tablespoon chopped fresh parsley

1. Preheat oven to 400°F. Slice 8 thin rounds from lemon, squeezing any remaining lemon juice into a 2-quart baking dish.

2. Thoroughly pat fish dry with paper towels and season all over with salt, pepper and garlic

powder. Arrange the fish in an even layer in the baking dish; sprinkle with garlic. Drizzle oil over the fish and let the oil pool in the baking dish. Place 2 lemon rounds on top of each fish fillet. Bake until the fish flakes easily with a fork and is cooked through, 25 to 30 minutes. Sprinkle with parsley.

SERVINGS 4 SERVING SIZE 1 FILLET
CALORIES 229 CARBOHYDRATES 1G
PROTEIN 22G TOTAL FAT 15G SATURATED
FAT 2G SODIUM 392MG

HIGH PROTEIN

Roasted Root Veggies & Greens over Spiced Lentils**ACTIVE TIME:** 20 min**TOTAL TIME:** 45 min

This earthy lentil bowl is topped with leftover roasted root veggies from a large batch for an easy weeknight dinner. Keep it vegan or add a drizzle of plain yogurt for extra richness.

Lentils

- 1½ cups water
- ½ cup black beluga lentils or French green lentils
- 1 teaspoon garlic powder
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ¼ teaspoon ground allspice
- ¼ teaspoon kosher salt
- ⅓ teaspoon sumac (optional)
- 2 tablespoons lemon juice

- 1 teaspoon extra-virgin olive oil

Vegetables

- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, smashed
- 1½ cups roasted root vegetables
- 2 cups chopped kale or beet greens
- 1 teaspoon ground coriander
- ⅓ teaspoon ground pepper
- Pinch of kosher salt
- 2 tablespoons tahini or low-fat plain yogurt
- Fresh parsley for garnish

1. To prepare lentils: Combine water, lentils, garlic powder, ½ teaspoon coriander, cumin, allspice, ¼ teaspoon salt and sumac (if using) in a medium pot. Bring to a boil. Reduce heat to maintain a simmer, cover and cook until tender, 25 to 30 minutes.

2. Uncover and continue simmering until the liquid reduces slightly, about 5 minutes more. Drain. Stir in lemon juice and 1 teaspoon oil.

3. Meanwhile, prepare vegetables: Heat oil in a large skillet over medium heat. Add garlic and cook until fragrant, 1 to 2 minutes. Add roasted root vegetables and cook, stirring often, until heated through, 2 to 4 minutes. Stir in kale (or beet greens) and cook until just wilted, 2 to 3 minutes. Stir in coriander, pepper and salt.

4. Serve the vegetables over the lentils, topped with tahini (or yogurt). Garnish with parsley, if desired.

SERVINGS 2 SERVING SIZE GENEROUS 1 CUP VEGETABLES & ¾ CUP LENTILS
CALORIES 453 **CARBOHYDRATES** 50G
DIETARY FIBER 14G **TOTAL SUGARS** 5G
PROTEIN 18G **TOTAL FAT** 22G **SATURATED FAT** 3G **SODIUM** 346MG





LOW CARB | HIGH PROTEIN

Roasted Cauliflower Steak & Spanakopita Melts

ACTIVE TIME: 45 min

TOTAL TIME: 45 min

In this genius carb-swap recipe, we take all the flavors of the Greek spinach pie spanakopita and put them on a low-carb roasted cauliflower steak. Because you don't have to deal with the fussy layers of phyllo, it's perfect for an easy weeknight dinner.

- 2 medium heads cauliflower
- 2 tablespoons extra-virgin olive oil, divided
- ¼ teaspoon salt
- ¼ cup chopped shallot
- 1 (11 ounce) package baby spinach
- 2 teaspoons chopped fresh dill
- 2 teaspoons chopped fresh parsley
- 1 clove garlic, grated

- ¼ teaspoon ground pepper
- ½ cup part-skim ricotta cheese
- 6 tablespoons crumbled feta cheese
- ½ cup shredded smoked Cheddar cheese

- 1.** Arrange racks in middle and upper third of oven; preheat to 450°F. Line a large rimmed baking sheet with foil.
- 2.** Remove any outer leaves from cauliflower but keep stems intact. Place on a cutting board, stem-side down. Using a large chef's knife, cut two 1-inch-thick slices from the center of each head to make four cauliflower "steaks." (Reserve remaining cauliflower for another use.) Place the steaks on the prepared baking sheet. Brush both sides with 1 tablespoon oil and sprinkle with salt.
- 3.** Roast, turning halfway through, until the cauliflower steaks are tender, 30 to 35 minutes.
- 4.** Meanwhile, heat the remaining

1 tablespoon oil in a large nonstick pan over medium-high heat. Add shallot and cook, stirring often, until softened, about 1 minute. Add spinach in batches and cook, stirring, until wilted, 3 to 5 minutes. Stir in dill, parsley, garlic and pepper. Cook, stirring, for 1 minute. Transfer the spinach mixture to a large mixing bowl. Stir in ricotta and feta.

5. Turn the broiler to high. Top each cauliflower steak with ½ cup of the spinach mixture and 2 tablespoons Cheddar. Broil the cauliflower until the cheese melts and starts to lightly brown, about 2 minutes. Serve immediately.

SERVINGS 4 **SERVING SIZE** 1 MELT
CALORIES 305 **CARBOHYDRATES** 13G
DIETARY FIBER 4G **TOTAL SUGARS** 3G
PROTEIN 17G **TOTAL FAT** 22G
SATURATED FAT 10G **SODIUM** 576MG

RECIPE INDEX

		CALORIES	FIBER (G)	SODIUM (MG)	CARBS (G)	PROTEIN (G)	FAT/SAT FAT (G)	VEGETARIAN	VEGAN	GLUTEN FREE
BREAKFAST										
26	Bell Pepper & Cheese Egg Cups	205	2	316	8	15	12/4	■		■
28	Gluten-Free Almond Flour Waffles	456	3	421	14	13	41/4	■		■
29	Greens & Gruyère Mini Quiches	282	2	506	9	19	19/8			■
30	Sheet-Pan Banana Pancakes	270	3	618	52	17	5/1	■		
31	Cannoli-Inspired Overnight Oats	492	7	312	56	22	20/9	■		
32	Raspberry & Peanut Butter Overnight Oats	448	13	381	55	20	19/3	■		
34	Cottage Cheese Bowls	388	3	688	17	24	24/5	■		■
35	Spinach, Mushroom & Egg Casserole	221	1	455	5	15	16/7	■		■
36	Orange-Mango Smoothies	224	3	47	36	19	2/0	■		■
37	Plant-Based Protein Powder	130	6	0	6	7	8/1	■	■	■
38	Chocolate-Strawberry Baked Oats	237	5	218	32	17	5/2	■		
39	Blueberry & Peanut Butter Chia Pudding	478	17	386	45	24	25/3	■		■
LUNCH										
40	Avocado Chicken Salad	321	5	464	7	24	22/4			■
42	Strawberry Poppy Seed Salad with Chicken	265	3	423	15	18	15/4			■
43	Avocado Egg Salad	224	4	416	6	11	18/4	■		■
44	Loaded Sweet Potatoes with Chickpeas	553	14	570	77	15	22/7	■		■
45	Arugula, Chicken & Melon Salad with Sumac Dressing	453	3	489	15	33	29/7			■
47	Cauliflower Rice Bowls with Asparagus & Chicken Sausage	290	4	733	8	20	19/4			■
48	Tuna Salad Lettuce Wraps	259	1	459	7	28	12/2			■
49	Mason Jar Salad	373	3	671	12	24	25/5	■		■
50	Spinach & Artichoke Salad with Parmesan Vinaigrette	324	4	561	12	16	24/5	■		■
51	No-Cook White Bean Salad with Feta	416	12	220	45	18	20/3	■		■
SOUPS										
53	Chicken & Bok Choy Soup with Ginger & Mushrooms	257	3	789	13	27	11/3			■
54	Coconut Stew with Spinach & Beans	399	12	381	57	15	14/7	■	■	■
55	Kimchi-Tofu Soup with Sesame & Egg	472	3	803	13	21	38/5	■		
56	Chicken Noodle Soup with Spinach & Parmesan	320	2	475	13	33	14/4			
57	Creamy Cucumber Soup	169	5	494	14	4	12/2	■		■
SNACKS										
58	Cottage Cheese Snack Jar with Fruit	215	3	15	12	16	12/2	■		■
59	Everything-Seasoned Almonds	223	4	245	8	8	18/1	■		■
59	Cucumber-Dill Ricotta Snack Jar	192	1	125	10	15	10/6	■		■
61	Creamy Parmesan Pesto Dip	75	1	286	5	7	3/1	■		■

		CALORIES	FIBER (G)	SODIUM (MG)	CARBS (G)	PROTEIN (G)	FAT/SAT FAT (G)	VEGETARIAN	VEGAN	GLUTEN FREE
SNACKS										
61	Crunchy Honey-Almond Dip	109	2	206	14	8	3/0			
61	Cheesy Taco Dip	55	1	342	5	8	0/0			
61	Peanut Butter & Chocolate Dip	116	2	240	12	9	5/1			
61	Spicy Sriracha-Feta Dip	61	0	340	5	8	1/1			
62	Tuna Salad Spread	130	4	175	6	10	8/1			
63	Crunchy High-Protein Quinoa Bites	275	5	201	18	7	21/7			
DINNER										
65	Creamy Skillet Chicken with Spinach	321	2	235	6	28	18/6			
66	Cajun-Spiced Tofu Tostadas with Beet Crema	432	10	496	41	16	25/5			
67	5-Ingredient Miso-Glazed Salmon	223	1	437	4	29	9/1			
68	Buttermilk Fried Tofu with Smoky Collard Greens	366	7	518	20	17	27/3			
69	Garlicky Grilled Steak & Kale Salad	470	4	695	14	30	32/8			
70	Grilled Peach & Brie Smothered Chicken	342	1	481	7	33	20/6			
71	Kimchi Jjigae	201	4	958	9	17	12/2			
73	Easy Shrimp Scampi with Zucchini Noodles	349	1	620	6	19	27/7			
74	Air-Fryer Stuffed Chiles with Pork	228	4	632	14	19	12/6			
75	Grilled Flank Steak with Tomato Salad	346	1	358	4	25	25/5			
76	Green Salad with Edamame & Beets	356	11	263	21	21	26/3			
77	Eggplant Pizzas	214	4	453	11	12	14/5			
78	Crispy Pea Fritter Salad	413	7	739	37	18	22/6			
79	Jerk-Marinated Chicken Drumsticks with Cabbage Slaw	376	2	750	9	49	15/4			
80	Turkey Meatballs with Green Beans & Cherry Tomatoes	354	3	701	14	24	23/6			
82	Lemon-Garlic Steak & Green Beans	215	3	354	10	24	9/2			
83	Mushroom & Tofu Stir-Fry	171	2	309	9	8	13/2			
84	Sheet Pan Shrimp & Asparagus	238	2	462	7	18	16/5			
85	Vegetarian Lettuce Wraps	178	2	408	11	13	11/1			
86	Stir-Fried Shrimp & Sugar Snap Peas	185	2	541	7	22	7/1			
87	Tomato & Squash Pizza with Cauliflower Crust	229	3	557	13	15	14/6			
88	Orange-Ginger Chicken Thighs with Baby Bok Choy	299	3	723	18	30	11/3			
89	Pork Tenderloin “Rosa di Parma”	175	0	475	1	26	7/3			
90	Lemon-Garlic Baked Cod	229	0	392	1	22	15/2			
91	Roasted Root Veggies & Greens over Spiced Lentils	453	14	346	50	18	22/3			
92	Roasted Cauliflower Steak & Spanakopita Melts	305	4	576	13	17	22/10			



WONDERFUL RICOTTA

Cottage cheese has come into particular renown over the past few years for good reason. It's packed with hunger-crushing protein: 24 grams per cup. But the dairy staple can be divisive—many struggle with the texture of the curds. If you're not a fan of cottage cheese or just want to try something different, whole-milk ricotta has 20 grams of protein per cup and 578 milligrams of calcium (that's almost 30 percent of the recommended dietary allowance for most adults). Top it with sautéed veggies for a creamy appetizer or side, or fold it into your scrambled eggs for extra nutrients.

BREAKFAST ON THE GO

1 ENSURE COMPLETE
MILK CHOCOLATE
SHAKE

VS

1 BLUEBERRY
MUFFIN*

30_g
PROTEIN

25
VITAMINS &
MINERALS



5_g
PROTEIN

3
VITAMINS &
MINERALS

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* FoodData Central. US Department of Agriculture. Agricultural Research Service. <https://www.fdc.nal.usda.gov/>. Accessed October 14, 2024.
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